

THE MANUAL ON PRANIC ENERGY HEALING LEVEL II

(Part I – The Practicum)

**COMPILED BY
CHARLOTTE ANDERSON**

Charlotte Anderson
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*“Truth is Universal & cannot be Monopolized
by Any Man, nor Organization of Men ...”*

- Extracted from *The Theosophist*, by HP
Blavatsky, October 1887 to 1888

THE BLACK COLORED INK USED IN THIS MANUAL
DENOTE QUOTATIONS FROM VARIOUS AUTHORS.
OTHER TEXT IS NOTED IN REDDISH COLOR.

IN ORDER TO MAINTAIN COMPLETE CLARITY.
THIS MANUAL SHOULD ALWAYS BE PRINTED
IN TWO COLORS OF INK.

*Text from Annotated Sources - to this material -
are Excluded in the Statement of Registration Record.*

DISCLAIMER

- This Manual contains general information about some medical conditions and Energy Treatments. It is not exhaustive or complete. For information regarding Medical Conditions and/or Treatments please refer to appropriate texts and other resources.
- The information provided is not intended to be used as Medical Advice nor should it be used to replace Medical Treatments.
- Most Practitioners and Instructors are not Medically Licensed Professionals - nor are they Physicians or Surgeons. A duly Licensed Medical Profession Practicing Medicine or another Healthcare Specialization – will hold a License **issued by a government agency.**
- Pranic Energy Healing Treatments are not legally recognized or licensed in any of the State in the United States of America nor in their territories nor in any other global areas. The use of this Modality as Supportive to Increased Well Being ... may be considered a personal lifestyle choice. Some Clients and Practitioners may also consider it to be an expression of their personal Spiritual Practice.
- In the Practice of their Work, Practitioners should NEVER refer to themselves as “Doctor” should NEVER Diagnose a Client or Prescribe Medications, Herbs or other Treatments unless they are legally licensed to do so.
- Pranic Energy Healing is a simple System of Techniques that use Energy - to Rebalance or Harmonize the Body's Energy System - including its bio-electromagnetic field and its Energy Information Field.
- A Very Important Reminder for Practitioners is: to NEVER touch a client's physical body – unless they have a License to do so. Likewise they should *Never Interfere* with Medically Prescribed Treatments or Medically Prescribed drugs.
- No claims or guarantees can be made regarding the outcome of PEH Treatments or Sessions. It should be recognized that various factors affect the potential outcome of Treatments, including the Practitioners Experience, the Client's openness to Treatment & their Karma.

COMPILER'S NOTE

According to Wikipedia:

“Historians & sociologists have remarked on the occurrence, in science, of the phenomena of ‘multiple independent discovery’.

Robert K. Merton defined such "multiples" as ‘Instances in which similar discoveries are made by scientists working *independently of each other*’.

"Sometimes the discoveries are simultaneous or almost so; sometimes a scientist will make a new discovery which, unknown to him, somebody else has made - years before.”

It is this compiler's viewpoint that same phenomena exists within the field of the Esoteric Sciences & applies to many other topics ...

Therefore, the Brilliance of Her Spiritual Partner, Teacher & Mentor
Maha Atma Choa Kok Sui– is comparable in this sense.

While He is now sometimes described as
the “Inventor” of Modern Pranic Healing –
in this Manuscript, it has been noted that multiple techniques &
most aspects of this Energy Healing Modality –
**PRE-EXISTED THE PUBLICATION OF THE BELOVED'S FIRST BOOK
WHICH WAS FIRST PUBLISHED IN DECEMBER OF 1987.**

ACKNOWLEDGEMENTS

Deepest Gratitude is hereby extended to All of those individuals
who have contributed to this Manual.

To the multiple various Authors quoted here ... whose writings have
Gifted Humanity with their Experiences, Perceptions and Expertise ...
& who have provided such a myriad of Suggestions and Techniques
to Improve Well Being and Better Health for so many people
– Heartfelt Gratitude.

To our Valiant Editor – who has changed her Schedule
So many times to make the necessary Work possible –
& to her for her Invaluable Research &
Wonderful Suggestions – which have made a very
Significant Contribution to the Production of these Materials ...

To all of the Proofreaders – both in Europe and North America –
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& who have given such Valuable Work, Feedback and Guidance

To our Wonderful Director of Media –
Who tirelessly Supports the Efforts of so many people
To Spiritually Evolve & who Tenaciously holds a Continuing Interest
In Spreading New Information about Transformational Topics ...

To our Greatly Appreciated Association's Administrative Assistant –
who works Endless Hours – with Great Dedication, Persistence
& a Strong Desire to Contribute to this Spiritual Work ...
A Grateful Thank you ...

It is the Dedication & Belief of this Team of these Spiritually Directed Individuals
– who have Generously Gifted their time to this Manual & to countless other
Projects – this Compiler's Deepest Gratitude, Love & Blessings.

To this Compiler's Beloved Life Partner ...
her Humble Acknowledgement & Profound Appreciation ...
for His Loving Presence & Endless Guidance - as He remains her constant Source
of Strength & Inspiration ...& He remains the Primary Factor that allows her to
fulfill her Promise to Him - to Find New & Creative Ways in which to Spread
these Spiritual Teachings & to Never Stop doing Spiritual Work for Humanity!

May Peace, Love & Healing be with All People!

**MESSAGE TO THE READERS ABOUT
THE MANUAL ON PRANIC ENERGY HEALING
LEVEL II (PART I - THE PRACTICUM)**

WHY PRANIC ENERGY HEALING?

Pranic Healing, Prana Therapy, Prana Yoga Vidya, Yoga Prana Vidya, Prana Chikitsa (Treatment), Prana Therapy ... and *Pranic Energy Healing* are all forms of Prana Treatment ... originating from Vedic Literature of India as well as from multiple other ancient traditions and schools of Yoga and Esoteric Sciences.

Readers from different traditions may read and substitute various terms for Pranic Energy Healing, Yoga Prana Vidya or Prana Yoga Vidya ... in order to enhance their understanding of the text.

In regions where these terms are more comfortable ... the Reader may substitute any of these terms for *Pranic Energy Healing* where they are considered to be more appropriate.

This may be done because they are generally synonymous with each other within the context of this manuscript.

This collection of Ancient Knowledge is also a part of Chinese Traditional Medicine and is also related to the “Laying on of hands” in the Christian Tradition and “Do In” in the Japanese Tradition.

In using Energy - the major difference in Schools - is in Touching or Not-Touching a Client physically – only working within the Client’s Energy System.

NOTE:

The information contained here is largely experiential.

It arises both from the many years this Compiler was within range of the Breath of one of the Greatest Masters of Energy of our Generation – as well as from her many years of study with multiple Teachers of the Healing Arts - prior to the time she met her Life Partner.

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L1 – Lesson 1	INTRODUCTION TO ADVANCED TECHNIQUES
Organizational:	Approximately 10 min
Power Point	
Book Reference*	<i>Fourteen Lessons in Yogi Philosophy</i> , by Yogi Ramacharaka, ©1903 <i>Psychic Healing Book</i> , by Amy Wallace and Bill Henkin ©1978 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>De Civitate Dei</i> , Saint Augustine
Internet	www.pranichealing.org
Audio	CD – Planetary Meditation on Peace
Video	OPTION: Video Version <i>The Planetary Meditation for Peace</i> (where available)
Other	<i>The Manual on PEH Level I</i> , Compiled by Charlotte Anderson, ©2011

*These book references apply only to this Sequence that you are reading

WELCOME TO PRANIC ENERGY HEALING LEVEL II

(Instructor's notes)

1. *Thank the Organizer who has organized the workshop*
2. *Ask the students where they have come from in order to attend the workshop.*
3. *Ask how many students have taken this workshop before.*
4. *Ask, "Why do you want to take this course?"*
5. *Start the class with Planetary Meditation for Peace, if no CD is available use the Text from Appendix D*

In this workshop you will learn essential Technology that will allow you to begin to develop more Advanced Energy Healing Skills.

But this workshop will still not make you an expert in the area of Pranic Energy Healing.

Miracles do not happen in contradiction to Nature, but only in contradiction to that which is known to us of Nature.

- Quotation Saint Augustine,
from *De Civitate Dei*, XXI, 8

REMAIN OPEN MINDED

Please maintain an open mind and a flexible attitude.
This course will give you an Energy based understanding of our world.

We do not mean that the Eastern Teachers insist upon the students blindly accepting every truth that is presented to him.

On the contrary, they instruct the pupil to accept as truth only that which he can prove for himself, as not truth is truth to one until he can prove it by his own experiments ... accept nothing as final until you have proven it ...

I do not ask for blind faith, but only for confidence until you are able to demonstrate for yourselves the truths I am passing on to you, as they were passed on to me, by those who went before.

- Extracted from *Fourteen Lessons in Yogi Philosophy*, by Yogi Ramacharaka, ©1903, Page 5

Please do not immediately begin to judge or assess what you hear.
Take your time, experiment, evaluate, and then reach your own conclusion.
Do you agree with this approach?

ENABLE RAPID LEARNING

Please reduce your resistance by sitting comfortably in your chair with your feet flat on the floor, with your arms relaxed and open.

We request that you not cross your legs or your arms during the next two days.
Your open relaxed sitting position will increase your ability to understand these teachings and will enhance your grasp of the Techniques being presented.

- Extracted from *The Manual on PEH Level I*,
Compiled by Charlotte Anderson, ©2011, Page 3

Practitioners should avoid situations that will create conflict with local or national medical communities.

The emphasis of Practitioners should be that Energy Medicine is a complementary field to allopathic treatment as recommended by different Authors on “Energy Healing”.

... the healer really induces the patient to heal himself through natural processes... when ... “inner” healing is not also done ... illness will again precipitate into the physical body, even after present symptoms have been removed...when healers and

physicians work(ing) together, it is possible to take advantage of the best technology and the best personal attention available for each patient ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 147-149

The following Information about proper use of the force and proper behavior is extracted from *The Pranic Energy Healing Level I, Instructor Manual*, compiled by Charlotte Anderson, © 2011, Lesson 2, Page 5...

“Pranic Energy Healing is not intended to replace conventional medicine. It is intended to be compatible and supportive of standard medical treatments. Energy Healing may be used as parallel approach to provide comfort, and to enhance increased wellness in a person on multiple levels.”

“As a Practitioner your specialization is with the Energy Body. You are not allowed to interfere with the treatment of medical doctors. Stick to your job and let the doctors do their job.”

- *Extracted & Modified from the Notes of Charlotte Anderson*

Do not ever, as a healer, imagine that you are a doctor, unless you come to this knowledge with complete medical training and you are, in fact, a physician. A healer can fail, a healer can be wrong and sometimes a healer can be sued for practicing medicine without a license ...

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 38

INVOKE FOR DIVINE BLESSING

We will begin with a short Prayer.
Please close your eyes.
Say,

*To the Supreme God,
Humbly we Invoke for Divine Guidance, Divine Help and Protection
Thank you for Divine Healing Power,
Thank You for Making this soul Your Divine Healing Instrument,
With Thanks and in Full Faith.*

L2 – Lesson 2	REVIEW OF THE STEPS REQUIRED FOR A SUCCESSFUL TREATMENT
Organizational:	Approximately 10 min
Power Point	
Book Reference*	<i>Fourteen Lessons in Yogi Philosophy</i> , by Yogi Ramacharaka, ©1903 <i>Hands of Light</i> , by Barbara Ann Brennan ©1987 <i>Healing with Quantum Consciousness</i> , by Shanimah Ra, ©2012
Internet	www.pranichealing.org
Other	<i>The Manual on PEH Level I</i> , Compiled by Charlotte Anderson, ©2011

*These book references apply only to this Sequence that you are reading

REVIEW OF THE EASY STEPS REQUIRED FOR SUCCESSFUL TREATMENT

All healing is occasioned by what we have called the “Vital Force” in the individual. The active principle of this Vital Force is the manifestation of universal force – Prana.

- Extracted from *Fourteen Lessons in Yogi Philosophy*, by Yogi Ramacharaka, ©1903, Page 147

In all cases we begin with Invocation or Prayer and we end with Thanksgiving. Ending with Thanksgiving should always be done so as to emphasize the need to be extremely grateful for the Divine Guidance, Help, and Protection given through the Grace and Blessings of God, the Higher Beings and the Spiritual Teacher to the Practitioner and the Client during every Treatment.

REVIEW OF THE STEPS REQUIRED FOR SUCCESSFUL TREATMENT

1. INVOCATION OR PRAYER

Always Pray or Invoke at the beginning of every Treatment.

Always Invoke for Divine Guidance, Divine Help and Protection.

2. CONFIDENCE AND BELIEF

A Client's Confidence and Belief is required in order for the Client to experience rapid improvement.

For recovery to take place, the Client must be receptive or willing to absorb the Projected Pranic Energy. Another term for Receptivity is Faith.

3. **INCREASE THE RESPONSIVENESS OF THE HAND ENERGY CENTERS**

Press the center of the left palm with the thumb of the right hand, and turn your thumb in a Clockwise motion in the center of your palm.

Press the center of the right palm with the thumb of the left hand and turn your thumb in a Clockwise motion.

Press the tip of each finger against the tip of thumb – of the respective hands.

4. **FEEL THE ENERGY**

Move the hands slowly and slightly back and forth and proceed to Feel the Inner Energy Information Field, the Energy Centers or the Organs as well as the different parts of the body.

5. **REMOVE OR CLEAN THE UNWANTED OR ABNORMAL ENERGIES** – from the Area being Treated.

“Flick” the removed Energy from your hands regularly during the Cleansing Procedure.

Use a Basin of Water and Salt. Always remember to Spray your Hands.

6. **PROJECT OR TRANSFER VITAL LIFE ENERGY** - One hand is the receiving hand with the palm turned upward. Through the other hand Vital Life Energy is transferred to the Client.

7. **SECURE OR FREEZE THE ENERGY**

By applying Pale Blue Energy to the Area that has been treated.

Energy is dynamic, **IT MUST BE STABILIZED AFTER PROJECTING IT INTO YOUR SUBJECT OR IT WILL TEND TO ESCAPE AND TRICKLE OUT**, leaving the subject as they were before.

- Extracted from *Healing with Quantum Consciousness*, by Shanimah Ra, ©2012, Page 95, Emphasis by the Compiler

8. **DISCONNECT THE ENERGY CONNECTION**

Raise your hand – like a knife and forcefully make a downward gesture.

Form the Intention to Disconnect the Cord from the Client and Mentally say, “Cut, Cut, Cut!” (*Instructor demonstrates*).

When healing is completed, I break the connection between my field and that of the patient's with a soft brisk shake of the hands...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 228

It is clear that different traditions use different methods to release Energy Links between the Practitioner and their Client.

9. **GIVE THANKS**

- Extracted from *The Manual on PEH Level I*, Compiled by Charlotte Anderson, ©2011, Page 97

L3 – Lesson 3	REVIEW ON “FEELING” THE ENERGY
Organizational:	Approximately 30 min
Power Point	
Book Reference*	<i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>Hatha Yoga: The Philosophy of Physical Well-Being</i> , by Yogi Ramacharaka, ©1932 <i>Prana, The Secret of Yogic Healing</i> , Atreya, Samuel Weiser, Inc, ©1996
Internet	www.pranichealing.org
Other	<i>The Manual on PEH Level I</i> , Compiled by Charlotte Anderson, ©2011

*These book references apply only to this Sequence that you are reading

REVIEW ON “FEELING” THE ENERGY FROM PEH LEVEL I

In various Traditions, “Feeling” or Assessing the Energy Centers or certain areas of the body is presented in different ways.

First, scan the body to find an area you are attracted to. **YOU MAY USE YOUR HANDS...**

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 166

Feeling Energy in other words has to do with learning to accurately evaluate or assess the Energy Condition of another person or a Client.

Paintings from ancient Egypt, Natural Healers or India, Europe, Asia, South America, from different Cultures and Traditions show people using their hands to “Feel” the Energy Condition of a person.

PREPARE TO FEEL ENERGY - DO PHYSICAL EXERCISES

In order to more rapidly and accurately be able to Feel the Energy it is necessary to do a short set of physical exercises.

- (1) Extend the arms straight out from the shoulder...with opened hands.
- (2) With the arms so extended, swing the hands around in circles (not too wide)

Continue making the circles until say twelve are made.

-Extracted from *Hatha Yoga: The Yogi Philosophy of Physical Well-Being*, by Yogi Ramacharaka, ©1904, Page 204

... simply double the arm, and then gradually extend it, fastening the gaze or attention upon the lower arm ... Do this several times ...

-Extracted from *Hatha Yoga or The Yogi Philosophy of Physical Well-Being*, by Yogi Ramacharaka, ©1904, Page 200

The following additional Exercises from the Notes of Charlotte Anderson will facilitate “Feeling the Energy”. Please do them now!

1. Twist the upper part of your body to the right then to the left, right, left, right, left – Do this 12 times.
2. Rotate your hips 12 times to the right and 12 times to the left.
3. Turn your head to the right and turn it to the left.
4. Now, let us exercise the wrists 12 times to the left and 12 times to the right
5. Now, stretch your left hand up, with the palm reaching to the sky, while simultaneously stretch your left hand down to the ground reach and stretch with the right hand up, with the left hand down. Please do this seven times.

-Extracted from *The Manual on PEH Level I*,
Compiled by Charlotte Anderson, ©2011, Page 80

REVIEW ON FEELING OF THE ENERGY

Take a Partner.

One person be the Client and one person be the Practitioner.

Take a Basin with Water and Salt and a Spray.

Practitioner stand, Client sit.

Both, Practitioner and Client, complete the Energy Circuit.

Invoke for Divine Blessings,

*“To the Supreme God,
Humbly we Invoke for Divine Guidance, Divine Help and Protection,
For Accuracy in Feeling in Feeling Subtle Energy ...
Thank you for Divine Healing Power,
Thank you for Making this soul Your Healing Instrument ...
With Thanks and in Full Faith.”*

- Extracted from *The Manual on PEH Level I*,
Compiled by Charlotte Anderson, ©2011, Page 87

The Practitioner should “Smile”. ALWAYS SMILE!
Let’s do an experiment:

- a. Take a Partner.
- b. Feel the Energy of the subject.
- c. Subject, Smile - very big or laugh.
- d. Practitioner, Feel the Energy.
- e. Does the Energy remain the same?
- f. Now, Subject, feel sadness.
- g. Practitioner, Feel the Energy of the Subject again.
- h. Did the Energy Level of the Subject change?

(Give Feedback.)

POINTS TO REMEMBER

IN FEELING ENERGIES – ALWAYS FIRST REMEMBER TO INCREASE THE RESPONSIVENESS OF YOUR HAND ENERGY CENTERS.

THEN ISOLATE THE CLIENT FROM YOUR ENERGY INFORMATION FIELD. THESE STEPS SHOULD BE A PART OF EVERY TREATMENT PROTOCOL.

1. Increase the Responsiveness of your hands.

All methods of Energetic Healing are facilitated by sensitizing the hands. The more sensitive our hands are, the more we can feel.

- Extracted from *Prana, The Secret of Yogic Healing*,
Atreya, Samuel Weiser, Inc, ©1996, Page 17

2. Isolate the Client from your Aura or Energy Information Field (EIF).
3. Now Feel the Energy of the EIF.

When the Practitioner Feels a “Pushing Sensation” – this means you have felt the Edge of the Energy Field of the Area that you are Assessing.

When this happens – the Practitioner should simply move their body back slightly. Just move away from the Client – to a distance of 3 feet to 1 meter away ...

- *Extracted from the Notes of Charlotte Anderson*

These are the steps in Scanning

1. Sensitize your hands

2. Have a neutral mind
3. Start detection ... "Feel the Energy"

- Extracted from *Prana, The Secret of Yogic Healing*,
Atreya, Samuel Weiser, Inc, © 1996, Page 23

STEPS IN FEELING ENERGY

1. Isolate the Client from your Energy Information Field.
Mentally say, "The Client is now Isolated from my Energy Information Field. Now!"
2. Practitioners stand about 3 feet (or 1 meter) away from the Client with the palms of your hand facing the Client and your arms slightly outstretched.
3. Focus on *Feeling the Distance* of the Outer Energy Information Field of the Client.
4. Proceed to Feel the Outer Energy Information Field with one or both hands by moving the hands slowly and slightly back and forth.
5. Stop when you Feel Heat, a Tingling Sensation or a Slight Pressure.
6. Focus on Feeling the distance of the Health Energy Information Field of the Client.
7. Proceed to Feel the Health Energy Information Field with one or both hands by moving the hands slowly and slightly back and forth.
8. Stop when you Feel Heat, a Tingling Sensation or a Slight Pressure.
9. Now, focus on Feeling the distance of the Inner Energy Information Field of the Client.
10. Proceed to Feel the Inner Energy Information Field with one or both hands by moving the hands slowly and slightly back and forth.
The Inner Energy Information Field is usually about 5 inches or 12 cm in thickness.
11. Stop when you Feel Heat, a Tingling Sensation or a Slight Pressure.
(Wait)
12. Can you Feel the Energy Information Field?
13. Now ... Feel the Energy of the left side and then the right side of the body.
Move your hand slowly and slightly back and forth.
Feel the front and the back of the body from the head down to the feet.
The right and left side of the body should have approximately the same thickness.

When a patient comes to me, I do a very general scan over the entire body to pick up areas of interest ... then I tune in more finely to that area and scan it at a finer resolution.

- Extracted from *Hands of Light*, by Barbara
Ann Brennan, ©1987, Page 165

14. Where is the Forehead Energy Center located?

Feel the Energy of the Forehead Energy Center.

15. Move your hand slowly back and forth.

Be certain that your hand is directly in front of the Forehead Energy Center.

16. Where is the front Solar Plexus Energy Center located?

Now, Feel the Energy of the front Solar Plexus Energy Center.

17. Move your Hand slowly back and forth.

Take care that your hand is directly in front of the Energy Center that you wish to Feel.

Now Clients, turn around.

Let's Practice on the Back of the body.

18. Where is the back Heart Energy Center located?

Feel the Energy of the back Heart Energy Center.

19. Move your hand slowly back and forth.

Be certain that your hand is directly in front of the Energy Center.

20. Where is the Basic Energy Center located?

Feel the Energy of the Basic Energy Center.

21. Move your hand slowly back and forth.

Take care that your hand is directly in front of the Energy Center.

22. Release the Energy, Say: Cut! Cut! Cut!

23. Give Feedback.

24. Give Thanks.

(Wait)

Change roles.

Repeat the Procedure

- Extracted from *The Manual on Pranic Energy Healing Level I*, Compiled by Charlotte Anderson, ©2011, Page 87-88

L4 – Lesson 4	ADVANCED KNOWLEDGE ABOUT THE ENERGY CENTERS
Organizational:	Approximately 40 min
Power Point	
Book Reference*	<p><i>The Psychic Healing Book</i>, by Amy Wallace and Bill Henkin, © 1978</p> <p><i>Esoteric Healing</i>, by Alice A. Bailey, ©1953</p> <p><i>Hands of Light</i>, by Barbara Ann Brennan, ©1987</p> <p><i>Prana - The Secret of Yogic Healing</i>, Atreya, Samuel Weiser, Inc, ©1996</p> <p><i>The Universal Healing Art of Jing-Qi-Shen</i>, by Ven Rinchen Chodak, ©2006</p> <p><i>The Chakras</i>, by Charles W. Leadbeater, ©1927</p> <p><i>Acupuncture Medicine: Its Historical and Clinical Background</i>, by Yoshiaki Omura, ©1982</p> <p><i>Acupuncture Point Combination - The Key to Clinical Success</i>, by Jeremy Ross, ©1995</p> <p><i>Golden Needle Wang Le-Tang, A 20th Century Master's Approach to Acupuncture</i>, by Hui-chan Yu, Hand Fu-Ru, Shuai Xue-Zong, ©1997</p> <p><i>Taoist Meditation: the Mao-shan Tradition of Great Purity</i>, by Isabelle Robinet, ©1979</p> <p><i>A Study of Taoist Acupuncture and Moxibustion</i>, by Cheng-Tsai Liu, Liu Zheng – Cai, Ka Hua, ©1999</p> <p><i>Fluid Physiology and Pathology in Traditional Chinese Medicine</i>, by Steven Clavey, 1st ©1995</p> <p><i>The Theosophist October 1887 to March 1888, The Rosicrucian Letters</i>, by H.P. Blavatsky</p> <p><i>Advanced Pranic Healing</i>, by Master Choa Kok Sui, ©1992</p> <p><i>Simply Chakras</i>, by Sasha Fenton, ©200</p> <p><i>A Sparkling Aura – a Sparkling Life: A Guide to Ethereal Crystals</i>, by Scott Marmorstein, ©2006</p> <p><i>Cultural Contours of India</i>, by Dr. Satya Prakash, ©1981</p>
Internet	<p>www.pranichealing.org</p> <p>www.meditation-all-you-need.com</p> <p>http://www.brainline.org/content/2010/02/vision-issues-after-brain-injury-brainline-talks-with-dr-gregory-goodrich_pageall.html</p>
Other	Please see the Appendix for further information

*These book references apply only to this Sequence that you are reading

ADVANCED KNOWLEDGE ABOUT THE ENERGY CENTERS

Energy Centers or Chakras are sometimes described as whirling vortices of Energy that resemble a “Wheel” – the actual meaning of the Sanskrit term Chakra.

PEH Level II places strong focus on the 11 Major Energy Centers. We will also discuss some of the “lesser” and “smaller” Energy Centers for the first time.

Understanding *Advanced Knowledge* about the Energy Centers together with the application of these Energies is a fundamental part of PEH Level II.

PEH Level I provides the Foundation on which to build this deeper Level of knowledge and understanding.

The Energy Centers or Chakras are like flowers, which are made of Light or Energy.

- Extracted from *The Manual on PEH Level I*,
Compiled by Charlotte Anderson, ©2011, Page 72

A study of esoteric literature reveals many interesting variations regarding Teachings about the Energy Centers or Chakras.

The Truth is Universal and cannot be monopolized ...

Extracted from *The Theosophist October 1887 to March 1888*, by H. P. Blavatsky, Republished as *The Rosicrucian Letters*, ©1888, Page 17

So we can say that “*Truth is Universal*” or that there are many Facets or “Levels of Truth”. Progress demonstrates that Truth is Dynamic! It is NOT Static!

Information about Energy Centers originates throughout many ancient Traditions – including those of China, India, Egypt - as well as from other Cultures.

In the Ancient Indian Yoga Vidya System of Wisdom and Knowledge, 7 Energy Centers are commonly recognized.

In the works of Alice A. Bailey, she noted 7 Energy Centers - plus 21 lesser Energy Centers and she even identified 49 Smaller Energy Centers.

In Hindu Literature, in the Svetasvatara Upanishad, Chapter 3 Verse 18, it says:

“The inhabitant of **the City of 9 Gates** ...
plays His game in the External World ...”

This “City of 9 Gates” refers to the physical body & its Energy Centers.
Later in the 1970’s, Amy Wallace and Bill Henkin wrote about 11 Energy Centers.
They said:

... *All Eleven Energy Centers* are connected to an “Energy Channel” which runs
behind and parallel with the spine.

- Extracted from *The Psychic Healing Book*, by
Amy Wallace and Bill Henkin, © 1978, Page 26

They also describe “Energy Wiring” running through the body.

Maha Atma Choa Kok Sui combined the Indian Yogic System of 7 Energy Centers
together with Energy Centers derived from Chinese Traditional Medicine. He also
promoted the Theory of 11 Major Energy Centers - including the Forehead Energy
Center & the Meng Mein Energy Center derived from Chinese Acupuncture.
(*Annotations regarding these concepts appear slightly later in this Manual*).

In a Taoist text it says, “The Ming-Men is situated in a place that faces the navel
and is at the height of the nineteenth spinal vertebra.”

- Extracted from *Taoist Meditation: the Mao-Shan Tradition
of Great Purity*, by Isabelle Robinet, ©1979, Page 79

In the Hindu Tradition the 12th Energy Center (and the other Energy Centers
above the Crown Energy Center) is predominantly utilized for Spiritual Purposes
including Divine Healing.

ANOTHER FOUR CHAKRAS LINE UP ABOVE THE HEAD, with the last one being
situated about two feet above the head

- Extracted from *Simply Chakras*, by
Sasha Fenton, ©2009, Page 120

The objective for Practitioners in PEH Level II is to be able to determine
additional factors regarding the condition of their Client – so as to utilize more
advanced Techniques - that will facilitate faster improvement of chronic, serious
and in some cases even the terminal conditions, that they may find when Treating a
Client.

An enormous amount of information is available on the topic of the Energy

Centers. The information that follows is a compilation of different Authors regarding their understanding - regarding some of the functions of the these Gateways of Energy within a Human's Subtle Energy System.

Let's begin with a review of the information about the Energy Centers taught in PEH Level I.

BASIC ENERGY CENTER

Touch the base of your spine.
Say, "Skeletal and Muscular System."
(*Wait*)

- Regulates the production of blood in the body
- Extracted from *The Manual on PEH Level I*,
Compiled by Charlotte Anderson, ©2011, Page 73

This Energy Center also Regulates and Revitalizes the Eliminative System, the Sex Energy Center and Reproductive Organs – as well as affecting the Kidneys and Adrenal Glands ...

Base of the Spine (Muladhara)...Adrenals...Kidneys .. Spinal Column...

- Extracted from *Esoteric Healing*, by Alice Bailey, ©1953, Page 45

... Body Organs: Base of the spine, bones and bone marrow, immune system, legs, feet, rectum.

Extracted from *The Universal Healing Art of Jing - Qi - Shen*, by Ven Rinchen Chodak, ©2006

Base of the spine ... energizes the spine and the body, control of legs, control of growth in children ...

- Extracted from *Prana, The Secret of Yogic Healing*,
Atreya, Samuel Weiser, Inc, ©1996, Page 62

The Basic Chakra controls & energizes the following:

Growth rate of cells ... body heat & it also affects the heart & the sex organs ...

- Extracted from *Advanced Pranic Healing*, by Master Choa Kok Sui, ©1992, Page 18

Basic Chakra: It exerts control over kidney, spinal chord, nerves, adrenal gland and other internal organs of the body. It imparts heat to the body and also helps to sustain life-force in the body. This Chakra also helps towards growth and development of little children.

- Extracted from *Reiki (For Healthy, Happy Comfortable Life)*, by Rajnikant Upadhyay, ©2005, Page 40

When the center is blocked or closed...a person will avoid physical activity, he will be low in Energy and may even be “sickly”. The person will lack physical power.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, @1987, Page 72

PERINEUM ENERGY CENTER

This compiler was told by her Life Partner, that the Earth Rooting of a person is Connected to the Basic Energy Center, the Perineum Energy Center, to a certain degree the Sex Energy Center, and to the Sole Minor Energy Centers of the Feet.

Earth Energy is absorbed through the soles of the Feet, the Perineum and the Basic Energy Centers – which makes the Body strong.

In the circulation of Energy,

THE GOVERNOR CHANNEL LINKS WITH THE CONCEPTION CHANNEL AT THE PERINEUM.

From GV 1 Energy circulates up the spine to the head.

For this reason GV 1 can be used for both spinal and mental problems. GV 1 functions with CV 1 (Perineal) in the Perineal Energy Center.

- Extracted from *Acupuncture Point Combination: the Key to Clinical Success*, by Jeremy Ross, ©1995, Page 151

FEEL THE FLOW OF CHI FROM THE NAVEL TO THE PERINEUM, TO THE BACKS OF THE KNEES, TO THE SOLES OF THE FEET, AND DOWN INTO THE GROUND.

When **YOU CAN FEEL THAT YOU ARE ROOTING INTO THE GROUND**, you are hooking up to Mother Earth's inexhaustible sources of energy.

- Extracted from *Iron Shirt Chi Kung*, by Mantak Chia, ©2006, Page 100

SEX ENERGY CENTER

Touch the pubic area.

Say, "Reproductive System, Urinary System."

(Wait)

- Regulates and increases the Energy of the Reproductive Organs and the Urinary Bladder.
- 30 percent of the Energy of the Sex and Basic Energy Center goes to the legs.
- Sexually Impotent Clients need have their Sex and Basic Energy Centers treated.

-Extracted from *The Manual on PEH Level I*,
Compiled by Charlotte Anderson, ©2011, Page 73

The Pubic bone Relates to the second chakra (*Sex Energy Center*). (*It is used*) for the treatment of sexual organs, prostate, bladder, ovaries, urethra, and appendix

- Extracted from *Practical Reiki: Focus your Body's Energy for Deep Relaxation and Inner Peace*, by Richard Ellis, ©1999, Page 52

Sacral Center. Gonads, Sex Organs, Life Force ...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 45

CV 2 and CV 3 are included in the Energy Center of the body termed the Reproduction center, CV 2 can be used for the local urogenital problems ... can also be used to raise the Qi and to warm and tonify the Yang of Bladder and uterus.

- Extracted from *Acupuncture Point Combination: the Key to Clinical Success*, by Jeremy Ross, ©1995, Page 130

Pubic area (front) ... legs, ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 62

The Throat Centre, corresponding to the Sacral Centre.

- Extracted from *Esoteric Healing*, by
Alice A. Bailey, ©1953, Page 177

With this center open a person feels his sexual power.

- Extracted from *Hands of Light*, by
Barbara Ann Brennan, ©1987, Page 72

“THE BASIC AND SEX ENERGY CENTER ARE LIKE THE ROOTS OF THE TREE”

- Extracted from *The Manual on PEH Level I*, Compiled
by Charlotte Anderson, ©2011, Page 71

People with ailments involving weak legs require the treatment of both the Sex and Basic Energy Centers.

NAVEL ENERGY CENTER

Touch your Navel.
Say, “Eliminative System”
(*Wait*)

- Regulates and Revitalizes the small and large intestines.
- The Navel Energy Center of a woman also affects the Process of giving Birth.
Thorough Cleansing of the Navel and the Projection of Energy to the Navel during labor, will accelerate the Delivery Process when women are giving birth.

It is highly recommended that prior to the Birth of a Child, the Delivery Room be thoroughly Cleansed Energetically - prior to the Delivery.

This compiler has been told that this Procedure will substantially assist the Delivery Process - to be achieved more rapidly and with fewer complications – in many cases.

Nurses working in such areas – might form a Team to regularly Cleanse the Delivery Room – so as to Facilitate less complicated deliveries.

When Nurses Energetically Cleanse Delivery Rooms – Distantly on a Regular Schedule – This can remove unwholesome Thoughtforms, Fears and Unwanted Energies - from these important areas. Many interesting improvements may be noted.

(This compiler would further recommend studies be undertaken to see if Operating Theaters may also be Energetically Cleansed – to lower the rate of Infections, to reduce the Stress of the Surgeons, Nurses & other Members of the Surgical Teams – so as to improve the Energetic Quality of the Surgical Treatments being undertaken. This will likely become a Standard Procedure in the Future.)

“WHEN YOU PROJECT ENERGY TO THE NAVEL ... THE WHOLE BODY GETS ENERGIZED”

- Extracted from *The Manual on PEH Level I*
Compiled by Charlotte Anderson, ©2011, Page 73

... *(Is affected in cases of)* Chronic abdominal pain and diarrhea (including chronic dysentery, chronic colitis and intestinal cancer that are categorized as cold or mixed cold and heat patterns ...

- Modified & Extracted from *A Study of Taoist Acupuncture and Moxibustion*, by Cheng-Tsai Liu, Liu Zheng – Cai, Ka Hua, ©1999, Page 104

In the case of severe abdominal pain, if relief is not produced, after Cleansing for a very short time - the Client should immediately consult a medical doctor ...

It is the responsibility of the Practitioner to guide the Client to go immediately to a hospital without delay.

... Body Organs: Large intestine, colon ...

- Extracted from *The Universal Healing Art of Jing- Qi - Shen*, ©2006, Page 34

Second ... Large intestine, small intestine ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 62

THE SMALLER ENERGY CENTERS BELOW THE NAVEL

According to this compiler's Life Partner, Maha Atma Choa Kok Sui 1 1/2 inches or (3.8 centimeters) below the Navel Energy Center & 1 1/2 inches (3.8 centimeters) inside there are three small Energy Centers.

According to Chinese Medicine these are called "Tan T'ien" or "Dan T'ian". In Arabic this area is called Kath & in Japanese "Hara" (which means belly). This area is known as the "Center of Gravity" in the body.

- More Information can be found: Ian Kerr
on www.meditation-all-you-need.com, ©2007

... is the body's prime storehouse for Chi

-Extracted from *100 Days to Better Health, Good Sex & Long Life*, by Eric Yudelove, ©1997, Page 161

FRONT AND BACK SOLAR PLEXUS ENERGY CENTER

Touch the hollow area between your ribs.

Say, "Digestive, Assimilative, Eliminative System, Gastrointestinal Diseases"
(*Wait*)

Touch the Back Solar Plexus Energy Center.

- Regulates and Revitalizes the Liver, Pancreas, Stomach, Diaphragm, and to a large extent, the Large and small Intestines.
- Regulates and Revitalizes the Digestive, Assimilative and Eliminative system.

"THE NEGATIVE EMOTION OF STRESS AFFECTS THE LIVER"

- Extracted from *The Manual on PEH Level I*,
Compiled by Charlotte Anderson, ©2011, Page 74

Solar Plexus Chakra: Since this Chakra is situated at the front and the back sides ...
(*need to note that when functioning improperly the*) Digestive System gets adversely affected. If this Chakra does not stay healthy. Moreover, diabetes, ulcer, jaundice, heart disease, diarrhea are also controlled by this Chakra.

- Extracted from *Reiki (For Healthy, Happy Comfortable Life)*, by
Rajnikant Upadhyay, ©2005, Page 42

... controls the ... small intestine, blood, lymph and to a certain degree other

internal organs and other parts of the body.

- Extracted from *The Rapid Healing Technique: The Tools for Transformation*, by Jerrian J. Taber, ©2004, Page 17

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... Clinical Indications and comments: Back or lumbar pain, anorexia, stomach ...

- Extracted from *Acupuncture Medicine: Its Historical and Clinical Background*, by Yoshiaki Omura, ©1982, Page 118

It is very closely associated with feelings and emotions of various kinds.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 13

Solar Plexus: Pancreas, Liver, Gall Bladder, Desire ...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 45

The Solar Plexus Chakra controls ...adrenal glands, heart, lungs ...

- Extracted from *Advanced Pranic Healing*, by Master Choa Kok Sui, ©1992, Page 24

... Body Organs: Diaphragm stomach, liver, gall bladder, pancreas ...

- Extracted from *The Universal Healing Art of Jing – Qi Shen*, by Ven Rinchen Chodak, © 2006, Page 34

MENG MEIN ENERGY CENTER

Now, touch the back - opposite of the Navel – at the Beltline.

Say, Meng Mein.

This Center:

- Regulates the Blood Pressure.
- The Meng Mein Energy Center, together with the Sex Energy Center, Regulates the Urinary System.
- *Extracted from the Notes of Charlotte Anderson*

Remember not to energize the Meng Mein Energy Center of infants, children, pregnant women and hypertensive Clients.

By removing Unwanted Energies from the Meng Mein Energy Center through sweeping 100 to 200 times. Then the blood pressure will gradually be able to normalize. Repeated Treatment is recommended.

- Extracted & Modified from *The Manual on PEH Level I*
Compiled by Charlotte Anderson, ©2011, Page 74

In different Traditions this Energy Center is spelled differently – for example below you may see it spelled “Ming Men”.

Ming Men is very much a point of the Governor Channel, and can be used for local and general spinal problems, and for regulating Yang and thus strengthening and clearing the brain and calming the spirit.

- Extracted from *Acupuncture Point Combinations: the Key to Clinical Success*, by Jeremy Ross, © 1995, Page 152

In the above Tradition, please notice the spelling of “Ming Men”.

Different Spellings and Pronunciations in different Traditions and Cultures - should not become a point of issue. Practitioners may glean added information which remains valuable regardless of these details.

It is the root of original qi and the gate of the life fire. Its function is to supplement yang and boost the kidneys.

- Extracted from *Golden Needle Wang Le –Ting: A 20th Century Master’s Approach to Acupuncture*, by Hui-chan Yu, Hand Fu-Ru, Shuai Xue-Zong, ©1997, Page 82

... Kidneys, Adrenal Glands, Spine, Blood pressure ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, © 1996, Page 62

The Meng Mein Chakra controls and energizes to a certain extent other internal organs ...

-Extracted from *Advanced Pranic Healing*, by Master Choa Kok Sui, © 1992, Page 21

FRONT AND BACK SPLEEN ENERGY CENTER

Touch the middle of your left lower rib on the front of the body.

The Spleen Energy Center also is located at the back of the body.
Touch the Back Spleen Energy Center.

Say, The Spleen Energy Center Regulates the “Assimilation and Distribution of Energy.”

- Regulates the Spleen, and draws in Energy from the surroundings. It Digests and Distributes Energy to all of the different Energy Centers.
- To rapidly revitalize weak Clients, thoroughly remove the Unwanted Energy and Project Vital Life Energy to the person.

This is to be done by experienced Practitioners only.

The Spleen Energy Center also controls the physical Spleen the Blood of the body passes through the spleen 3 times per minute ...

- Extracted & Modified from *The Manual PEH Level I*,
Compiled by Charlotte Anderson, ©2011, Page 75

Most literature mentions only the front Spleen Energy Center. Alice Bailey speaks about the Front & Back Spleen Energy Centers. Alice A. Bailey calls the Spleen Energy Center one of the 21 Minor Centers. She says:

There are two (centers) connected with the Spleen.

THESE FORM ONE CENTER in reality, but such a center is formed by **THE TWO BEING SUPERIMPOSED ONE ON THE OTHER.**

- Extracted from *Esoteric Healing*, by Alice A. Bailey,
©1953, Page 73, Emphasis by the compiler

Prana is taken in by the organism of a person. It is extracted in nature’s laboratory and stored in the Nerves System in a chain of storage batteries of which the Solar Plexus is the central and chief-store-house. From these storage batteries the Pranic Energy is directed by the mind and sent forth to be used for thousands of purposes for which it is intended. When we say “drawn by the mind”, this means it is neutralized by the instinct mind which controls the functions in the body, including

- the working of the internal organs – the processes of digestion, assimilation and elimination – the circulation of the blood and the various functions of the physical body, all of which are wholly, or in part under control and care of the instinctive Mind.

- Extracted from *Fourteen Lessons in Yogic Philosophy*,
by Yogi Ramacharaka, ©1903, Page 120-122

When the Nature’s Energies are absorbed in the Spleen Energy Center, the small White Bubbles break up in the Colors of the Rainbow in order to nurture our

physical body and provide the right qualities for our physical existence. This is an important additional source of Internal Strength or Vitality – and translates into having a strong, healthy immune system.

The second center, the splenic at the spleen is devoted to the specialization, subdivision and **DISPERSION OF THE VITALITY** ... That vitality is poured out again from it in six horizontal streams, the seventh variety being drawn into the hub of the wheel.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 12

As soon as it is drawn into the vortex of the Force-center at the Spleen it is decomposed and breaks up into streams of different colors, though it does not follow exactly our divisions of the spectrum ...

... the six radiants are therefore Violet, Blue, Green, Yellow, Orange, Dark Red, while the Rose-Red atom (more properly the first, sine this original atom in which the force first appeared) passes down through the center of the vortex.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1926, Page 53

This information may also be found in the Theosophical School as discussed by Alice Bailey. In her book *The Esoteric Healing* she states:

... the Spleen is the organ of Prana or of physical vitality ...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, © 1953, Page 177

Remember, the Energy absorbed by the Spleen Energy Center is broken up and distributed throughout the whole body to supply the whole Energy Information Field and the Energy Centers with life force. As a result the physical body is filled with Bio-Energy.

... general vitality ... detoxifying body ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 64

FRONT AND BACK HEART ENERGY CENTER

Touch your Heart Energy Center with the pads of your fingers.
Say, “Heart and Circulatory System”

(Wait)

The Heart Energy Center has a corresponding part - located at the back of the body. Touch the Back Heart Energy Center.

This Energy Center:

- Regulates and Revitalizes the Physical Heart and the Thymus Gland.
- Back Heart Energy Center Regulates and Revitalizes the Physical Heart, the Thymus Gland, and the Lungs.
- Both the Front and the Back Heart Energy Center are interconnected.

Remember the only chakra that should not be energized (*from the front*) is the front heart chakra.

This means **YOU CAN ENERGIZE THE BACK HEART CHAKRA ...**

- Extracted from *A Sparkling Aura – a Sparkling Life: A Guide to Ethereal Crystals*, by Scott Marmorstein, ©2006, Page 119, Emphasis by the Compiler

If a student accidentally Projects Energy to the Front Heart – they should immediately Remove the Excess Energy.

When a Client feels the Loving Energy being Projected to them during the Treatment Session – This will increase the Activity in their Heart which will help to normalize their Lower Energy Centers ...

- Extracted from *The Manual on PEH Level I*
Compiled by Charlotte Anderson, ©2011, Page 75

Heart: Thymus, Heart Circulation System, Blood ...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 45

GV 10 Ling Tái some clinical Indications and comments: coughing, asthma, back or lumbar pain ...

- Extracted from *Acupuncture Medicine: Its Historical and Clinical Background*, by Yoshiaki Omura, ©1982, Page 104

Body Organs: Heart, Circulatory system, lungs, thymus gland, immune system, breast, upper back ...

- Extracted from *The Universal Healing Art of Jing – Qi-Shen*, by Ven Rinchen Chodak, ©2006, Page 34

Fourth ... front and back at the center of chest ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 63

Practitioners should always remember to Project the Energy only to the Back Heart Energy Center - and *Not* to the front Heart Energy Center.

THROAT ENERGY CENTER

Touch the Throat.

Say “Lymphatic System.”

It is one of the Centers mainly connected to the Lymphatic System.

(*Wait*)

- Regulates Throat, Thyroid Gland, Parathyroid Gland.
- To a certain degree it influences the Sex Energy Center.

- Extracted from *The Manual on PEH Level I*
Compiled by Charlotte Anderson, ©2011, Page 76

... the laryngeal at the throat ...

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 13

Throat: Thyroid, Breathing Apparatus, Sound (*from the Larynx*) ...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 45, Modified by the Compiler

The Throat Centre, corresponding to the Sacral (*Sex Energy Center*) Centre.

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 177

Body Organs: Throat, Thyroid, Parathyroid, Neck, Vocal Cords, Mouth, Jaw, Trachea, Tonsils ...

- Extracted from *The Universal Healing Art of Jing-Qi-Shen*, by Ven Rinchen Chodak, ©2006, Page 33

AJNA ENERGY CENTER

Touch the empty space between the Eyebrows.
Say “Endocrine System”
(Wait)

- Regulates and Revitalizes the Endocrine System
- It is the Master Energy Center.

The Ajna Chakra is the Command Center ...

- Extracted from *Seekers of the Healing Energy*, Reich, Cayce, the *Kahunas, and Other Masters*, by Mary Coddington, ©1978, Page 132

(The Ajna) is connected to the concrete mind and (to) stress
Activating the Ajna Energy Center helps to normalize the higher Energy Centers
...

- Extracted from *The Manual on PEH Level I*, Compiled by Charlotte Anderson, ©2011, Page 76 & 77

Center between the Eyes - Ajna Center - Pituitary Gland. Nose ...

- Extracted from *Esoteric Healing*, Alice A. Bailey, ©1953, Page 45

Body Organs: Eyes, Brain, Hypothalamus ...

- Extracted from *The Universal Healing Art of Jing-Qi-Shen*, by Ven Rinchen Chodak, ©2006, Page 33

Ajna Chakra (Agya Chakra) ... Treatment of Agya Chakra astonishingly infuses strength and energy in the body. It also controls diseases relating to the nose, including bad cold.

- Extracted from *Reiki (For Healthy, Happy Comfortable Life)*, by Rajnikant Upadhyay, ©2005, Page 43

... above and between the eyebrows ... controls endocrine system ... and ears ...

- Extracted from *Prana, The Secret of Yogic Healing*,
Atreya, Samuel Weiser, Inc, ©1996, Page 63

- affects the vital organs.

- Extracted from *Advanced Pranic Healing*, by
Master Choa Kok Sui, ©1992, Page 26 & 27

Ajna Chakra controls ... all other Major Chakras ...

- Extracted from *Healing Through Reiki*, by
M.K. Gupta, ©1998, Page 24

The Sanskrit word for this energy center is ajna, which means **“COMMAND AND CONTROL”**. The more ordinary levels of reality, symbolized by the root, belly, solar plexus, heart, and throat chakras are controlled by and receive commands from the “third eye”.

... (*there is a*) close connection between this energy center and the pituitary gland which also governs the endocrine system, which is also the physiological counterpart of the other chakras.

- Extracted from *Abundance Through Reiki*, by
Paula Horan, ©1997, Page 100

FOREHEAD ENERGY CENTER

Touch the middle of the forehead.

Say “Nervous System”

(*Wait for the student's response.*)

Regulates and Revitalizes the Nervous System and the Pineal Gland.

- Extracted from *The Manual on PEH Level I*
Compiled by Charlotte Anderson, ©2011, Page 77

The forehead chakra is often referred to as the third eye, the forehead center, the center of wisdom ...

- Extracted from *A Handbook of Chakra Healing: Spiritual Practice for Health, Harmony and Inner Peace*, by Kalasharta Govinda, ©2004, Page 34

Since our rational cognitive faculty is also seated in the forehead chakra as part of universal knowledge, headaches may occur in cases of too intense analytical efforts

...

- Extracted from *The Complete Reiki Handbook: Basic Introduction and Methods of Natural Application* by Walter Lübeck Govinda, ©1994, Page 103

Forehead ... Nervous System ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 64

CROWN ENERGY CENTER

Touch the top of your Head.

Say “Brain, Cerebral Disorders”

(Wait)

Regulates and Revitalizes the brain and the Pineal Gland, to a certain degree the Pituitary Gland.

- Extracted from *The Manual on PEH Level I*
Compiled by Charlotte Anderson, ©2011, Page 77

The Crown Chakra – Pineal Gland ...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 45

The Crown Center ... is related to the person's connection to his spirituality and the integration of his whole being, physical, emotional, mental and spiritual.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 79

On Top of the head: controls the Brain

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 63

BACK HEAD ENERGY CENTER

At the back of the head is the Back Head Energy Center. This is one of many of the “Smaller” Energy Centers that we will discuss a little later.

By Projecting Energy to the Back Head Energy Center, the brain can be Rapidly Revitalized – while simultaneously Increasing the Energy of the Eyes, the Ears, the Pineal and the Pituitary Glands, and the Mouth.

There is another wheel at **THE BACK OF THE HEAD**, which suggests that it is the figure of a Chakra ...

-Extracted from *Cultural Contours of India*,
by Dr. Satya Prakash, ©1981, Page 212

At **THE BACK OF THE HEAD**, the mental executive center is associated with implementing the creative ideas ...

- Extracted from *Hands of Light*, by Barbara Ann
Brennan, ©1987, Page 78

AJNA & BACK HEAD ENERGY CENTERS ARE BOTH IMPORTANT WITH REGARD TO THE EYES

Research about the physical injury to the back of the head causing blindness was done due to Soldiers during the Second World War, who had no injuries to their eyes – yet they were blinded due to injuries to the Back of their Head.

This information demonstrates a recognized, but little understood Connection between the Eyes and the Back Head Energy Center.

Blindness can come from a penetrating injury like a gunshot or a non-penetrating injury like a blast in combat. **IT CAN ALSO BE A RESULT OF AN INJURY TO THE BACK OF THE HEAD ... THAT DESTROYS OR DAMAGES AN AREA THAT COORDINATES SIGNALS BETWEEN THE BRAIN AND THE EYES.** In this case, the eyes could be perfectly normal, but the function in the brain allowing the eyes and brain to communicate would be damaged and no longer work.

-Extracted from *Vision Issues After Brain Injury: BrainLine Talks* with Dr. Gregory Goodrich,
http://www.brainline.org/content/2010/02/vision-issues-after-brain-injury-brainline-talks-with-dr-gregory-goodrich_pageall.html, Modified by the Compiler

L5 – Lesson 5	THE USE OF SMALLER ENERGY CENTERS
Organizational:	Approximately 20 min
Power Point	
Book Reference*	<i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>Esoteric Healing</i> , by Alice A. Bailey, ©1953 <i>The Universal Healing Art of Jing-Qi-Shen</i> , by Ven Rinchen Chodak, ©2006 <i>The Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978 <i>Prana, The Secret of Yogic Healing</i> , Atreya, Samuel Weiser, Inc, ©1996 <i>The Essence of Tantric Sexuality</i> , by Mark A. Michaels, ©2006 <i>Healing Through Reiki</i> , by M.K. Gupta, ©2004
Internet	www.pranichealing.org
Other	APPENDIX E – More about the smaller Energy Centers

*These book references apply only to this Sequence that you are reading

USE OF OTHER SMALLER ENERGY CENTERS

Many Esoteric Authors have already discussed numerous Minor Energy Centers.

Where the lines of Energy (*this author's note - i.e., Acupuncture Meridians*) cross 7 times ... even smaller vortices are created.

-Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 44

For example we recognize a Smaller Energy Center in the Middle of the Hand – and this is called the “Hand or Palm” Energy Center.

You should be able to feel the heat building up **IN THE PALM OF YOUR HAND**; remember, **THERE IS A SUB-CHAKRA THERE**.

- Extracted from *The Essence of Tantric Sexuality*,
by Mark A. Michaels, ©2006, Page 158

Many Esoteric Authors have already discussed numerous Minor Energy Centers.

Both Barbara Brennan and Alice A. Bailey discuss the **MINOR ENERGY CENTERS**. Alice Bailey – described these smaller Energy Centers and made the following observations- in her book *Esoteric Healing* published in 1953.

She describes the location of **21 MINOR CENTERS** like this:

... can be located at the following points:

1. There are two of them in front of the ears, close to where the jaw bones are connected.
2. There are two of them just above the two breasts.
3. There is one where the breast bones meet, close to the thyroid gland.
4. There are two, one each in the palms of the hands.
5. There are two, one each in the soles of the feet.
6. There are two, just behind the eyes.
7. There are two also connected with the gonads.
8. There is one close to the liver.
9. There is one connected with the stomach; it is related, therefore, to the Solar Plexus, but is not identical with it.
10. There are two connected with the spleen.
11. There are two – one at the back of each knee ...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 73

Barbara Brennan also discussed the Minor Energy Centers:

The **21 MINOR CHAKRAS** are **LOCATED AT POINTS WHERE THE ENERGY STRANDS CROSS** 14 times. They are in the following locations: one in front of each ear, one above each breast, one in the palm of each hand, one on the sole of each foot, one just behind each eye, one related to each gonad, one near the liver, one connected with the stomach, two connected with the spleen, one behind each knee, one near the thymus gland...these Chakras are only about three inches in diameter ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 44

In the Chinese Tradition the Hand and Sole Minor Energy Centers are described like this:

The **MINOR CHAKRA IN THE PALM OF THE HANDS CORRESPOND TO THE CHINESE ACUPUNCTURE “LAOGONG POINTS”** and are responsible for sending

healing Energy to the Client. The **HAND CHAKRAS ARE ALSO IMPORTANT FOR ENERGY-SCANNING** of the Client. The **MINOR CHAKRA IN THE FEET CORRESPONDS TO THE CHINESE ACUPUNCTURE “YONGQUAN POINTS”** (bubbling springs) and they are responsible for drawing healing Qi from the earth.

- Extracted from *The Universal Healing Art of Jing-Qi - Shen*, by Ven Rinchen Chodak, ©2006, Page 31

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The Feet Chakras help maintain a person's connection with the Earth...the Hand Chakras...

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 31

Minor Chakras used in Healing ... In front of the earlobes ... ears, sinuses
Base of the nose, at the nostrils left and right ... sinuses ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 64

Several authors including this compiler's Life Partner discussed the “Stepping Down” of the Energy Centers to “Mini” or “Sub-Energy Centers”.

... (*the*) Minor Energy Center ... acts as a “minor” or “sub”chakra” ...

- Extracted from *A Sparkling Aura – a Sparkling Guide to Ethereal Crystals and Gemstones, Chakras, Aura Cleansing, and Your Spirit Guides*, by Scott Marmorstein, ©2006, Page 123

MINOR AND MINI CHAKRAS ARE LESSER IN DIAMETER than major chakras (MINOR CHAKRAS – ONE TO TWO INCHES IN DIA, MINI CHAKRAS – LESS THAN ONE INCH DIA).

- Extracted from *Healing Through Reiki*, by M.K. Gupta, ©2004, Page 12 & 21

L6 – Lesson 6	ASSESSING THE CONDITION OF THE ENERGY CENTERS
Organizational:	Approximately 50 min
Power Point	
Book Reference*	<i>The Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978 <i>The Chakras</i> , by Charles Leadbeater, ©1927 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>The Universal Healing Art of Jing-Qi-Shen</i> , by Ven Rinchen Chodak, ©2006
Internet	www.pranichealing.org
Other	<i>The Manual on PEH Level I</i> , Compiled by Charlotte Anderson, ©2011

*These book references apply only to this Sequence that you are reading

COMPREHENSIVE ASSESSMENT OF THE CONDITION OF THE ENERGY CENTERS - INFORMATION & PRACTICE

When quite undeveloped the Chakras appear as small circles about two inches in diameter, glowing dully in the ordinary man; but when awakened and vivified they are seen as blazing, coruscating whirlpools, much Increased in size, and resembling miniature suns.

- Extracted from *The Chakras*, by Charles Leadbeater, ©1927, Page 4

As the Practitioners hands become more sensitive they can distinguish between Qualities of Energies i.e. strong Energy, weak Energy, painful Energy, itchy Energy and other qualities and/or kinds of Energies.

A Practitioner may also Feel if the person has high Energy or low Energy.

“... **FEEL** ... his aura by holding your hand palms down about one foot above from him.

FEEL FOR SENSATIONS OF HEAT, FULLNESS, OR TINGLING.

When you sense or feel the aura, start to move your hands over the entire Aura in order to **COMPARE TEMPERATURES, SENSATIONS, FEELINGS, AND IMAGES THAT COME TO YOUR OWN MIND.**”

- Modified & Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 44

In some cases it may even be necessary for a Practitioner to **ASSESS** the condition of a Client ... when a Client is unable to speak for themselves or maybe unable to understand what has happened to them.

Multiple levels of information may be received by a person who has learned to accurately Feel Energy.

Practitioners may sometimes intuitively grasp certain qualities of a person's character during a Treatment Session. It is normal for various kinds of information to enter into Practitioner's Consciousness - while Feeling the Energy of a Client.

Another example of heightened Intuition would be if a Practitioner intuitively senses or "knows" whether or not a person is trustworthy - or not trustworthy.

Practitioners may intuit when a person is willful or not willful and may also grasp certain information regarding a person's evolutionary development.

This may also occur through noting the Size and Activation of the individual's Energy Centers.

... AURIC AND CHAKRA SCANS HELP TO ASSESS THE CLIENT'S ENERGY ON AN ETHERIC LEVEL.

- Extracted from *The Universal Healing Art of Jing-Qi-Shen*, by Ven Rinchen Chodak, ©2006, Page 47

ETHICS FOR PRACTITIONERS

Practitioners should *never* use information received to Judge, Categorize, or to Criticize their Clients.

Nor should a Practitioner discuss findings obtained - through the Assessing of the Energies of their clients Energy Centers.

In some rare cases, when a disturbing discovery is uncovered the Practitioner may Feel the need to discuss the matter. Should this happen it is recommended that the Practitioners privately discuss this with the Training Instructor.

Practitioners should Practice the Virtues - including the Virtue of Loving Kindness and Non-Injury.

Practitioners should develop a Conscious Practice of “Harmlessness” with regard to Information received as the Result deeper Energetic Connections.

The Application and Advanced Usages of Energy, including its Transference are known to open many layers of Information to a Practitioner.

In part this occurs because the Transmitted Energies – are like a two-way channel - that often open unanticipated volumes of both Sensitive Personal or Private Information - into the Awareness of the Practitioner.

When “Feeling” Energy a Practitioner should also take particular care - to never Project their own Ideas, Thoughts or Feelings regarding the Condition, Business of Relationships of the Client - to the Client

COMPLETE THE ENERGY CIRCUIT

REMEMBER TO ISOLATE THE CLIENT FROM YOUR ENERGY INFORMATION FIELD

Energy flows from the Higher Frequency to the lower Frequency.

Remember always Isolate the Client from your EIF.

It is also necessary to distinguish strong, weak and painful Energies.

If your Aura is very strong- the Clients Energy Centers will start changing - if you do not Isolate them from your Energy.

Say, “The Client is Isolated from my Aura right now.”

- Extracted from the Notes of Charlotte Anderson

THE ENERGY INCREASES WHEN A PRACTITIONER TOUCHES THEIR HEART

When a Practitioner’s Heart Center is activated the ability to Feel Energies will be greatly enhanced.

When a Practitioner touches their Heart with the pads of their fingers - the Energy of the Color being Projected- will become less strong. When this softer quality of Energy is received - then the client will more rapidly be able to Absorb the Life Energy that has been transferred them to them.

The Activation of the *Heart* Chakra is said **TO STIMULATE THE SENSITIVITY OF TOUCH.**

- Extracted from *Therapeutic Touch Inner Workbook*, by Dolores Krieger, ©1997, Page 55

... (The) **SPIRITUAL HEART IS LOCATED IN THE MIDDLE OF THE CHEST.** Putting your hands on this area, you are feeling your Heart and you are feeling your Soul ...

- Extracted from *Transmission of Awakening: The Teaching of Aziz*, Aziz Kristof, ©1999, Page 93

(Please take a Partner)

1. Group: "Feel" the Energy Field of the subject.
2. Feel the Crown, the Heart and the Solar Plexus Energy Center.
3. Now Subject: Touch your Heart with the Pads of your Fingers.
4. Group: "Feel" the Energy Field, the Crown, the Heart and the Solar Plexus Energy Center of the Subject.
5. Is there a difference?

(Get Feedback)

It is always recommended for a Practitioner to Touch the Heart Energy Centers with the pads not with the Tips of their Fingers.

When a Practitioner places the *Tips of their Fingers onto the Front Heart Energy Center* - Energy is being Projected into the Energy Center. This should be avoided.

FORM A CLEAR INTENTION

When Feeling Energy the Practitioners should form a clear mental Intention. This is important to access information accurately.

HOW TO FEEL

When you wish to Feel Energy, do Yogic Breathing, concentrate on the tips of your fingers, Touch your Heart, and then gently move your hand toward the Area you wish to Feel or Assess.

The main principle to remember is that **BY RHYTHMIC BREATHING** and controlled thought **YOU ARE ENABLED TO ABSORB A CONSIDERABLE AMOUNT OF PRANA**

and **ARE ALSO ABLE TO PASS IT INTO THE BODY OF ANOTHER PERSON ...**

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 77

METHOD 1:

Stand in front of the Client.

When Feeling the size of an Energy Center, Practitioners should slowly move their hand towards the Energy Center - while mentally forming an Intention to Feel the outside edge of the Energy Center - in order to determine the size of the Center or to Increase its size.

(Instructor shows the movement of the hand.)

This sensation may occur as a vibration, as a pulsation, as a definitive change in Pressure on the Palm or Fingers of the Practitioner.

WHEN “FEELING” ENERGY, THE PRACTITIONERS HANDS SHOULD REMAIN FLEXIBLE

Please do not allow your hands to be stiff when Feeling Energy.

Never “Slap” or “Hit” the Energy of another person when Feeling the Energy.

Always Feel Energy gently.

A Practitioners hand – must become Extremely Sensitive – in order to Feel the Quality of various Energies they may encounter in Treatments. The importance of learning to Feel Subtle Energies correctly needs to be emphasized – as this ability will virtually change people lives.

When Practitioners can Validate Information through this sensory means – it provides them with Volumes of Information – and it costs nothing to Feel Energies ... The development of this Skill cannot be emphasized strongly enough.

“... FEEL ... Feel for sensations of HEAT, FULLNESS OR TINGLING.

When you *(begin to)* sense or feel the aura, start ... to move your hands over the Entire Aura in order to COMPARE TEMPERATURES, SENSATIONS, FEELINGS ...

-Extracted & Modified from *The Psychic Healing Book*,
by Amy Wallace and Bill Henkin, ©1978, Page 84

When Feeling the Energy of Larger Centers - the entire hand including the palm

should be used.

When Feeling the Energy of Smaller Energy Centers (*for example: the Eyes or the Nipple Energy Centers or other Small Energy Centers*) - one to two fingers may be used, in order to more gently & accurately Assess the Size & the Condition of the Energy Center being examined.

The concept of a Practitioner using One or Two Fingers of the Hand to Direct Energy to a specific Area - was first discussed by Yogi Ramacharaka. He stated:

What is known as **DIGITAL PRESENTATION, WHICH CONSISTS IN EXTENDING AND PRESENTING THE FINGERS OF THE HAND TOWARD THE AFFECTED PART** – at a Distance of 6 inches, and Holding them there for several minutes ...

ALLOWING THE VITAL FORCE TO FLOW FROM THE ENDS OF THE FINGERS INTO THE AFFECTED PART ...

- Extracted from *The Science of Psychic Healing*,
by Yogi Ramacharaka, ©1906, Page 57,
Emphasis by this Compiler

Practitioners should avoid preconceived Impressions or Ideas about whatever they Scan. They should avoid embarrassing a Client by frightening them with regard to the impressions that are received.

It is recommended that Practitioners always use a reassuring tone and ask the Client if they are willing to try to assist their body to re-balance itself – through the Projection and Harmonization of their Energy.

WHAT SHOULD THE PRACTITIONER AIM TO FEEL?

If the Energies of people are low, all Chakras will appear to be smaller.

If the Energies are high, all Chakras will appear to be larger.

ONE MUST FOCUS ON THE COMPARISON OF THE RELATIVE SIZE AMONG THE CHAKRAS.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 82

When an Energy Center is “Enlarged” or “Increased Size” - from its normal size (*as when compared to the other Energy Centers*) - it is an Indication of an Imbalance of the system of the Individual.

Therefore, **CONGESTION OR CONTRACTION** of the (*Energy*) center or **ENLARGEMENT, AS COMPARED WITH THE OTHER CENTER**, will tend to cause disturbances in the associated organs of the body.

- Modified & Extracted from *Synthesis in Healing*, by Judy Jacka, ©2003, Page 35

In the case of the “Reduced size” of a Center, the physical body may Feel exhausted - due to a lack of Energy.

(*It is possible for a*) ... chakra to become **UNDER-STIMULATED OR OVER-STIMULATED**.

- Extracted from *Acupuncture and the Charka Energy System: Treating the Cause of Disease*, by John R. Cross, ©2008, Page 143

When a Practitioner Feels the Energy of an Energy Center and determines that the Energy is “Reduced” in its size or is weak – we call this Energy Depletion.

Energy Depletion ... is simply a decrease of energy flowing ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 103

This condition also occurs when an affected Energy Center becomes Congested due to being overfilled with Energy. Sometimes this is caused because the Energy Center is filled with Dirty, Diseased or Unwanted Energies – which restrict a normal Energy Flow – thereby impeding its proper function.

(*It is possible for a*) ... chakra to become **UNDER-STIMULATED or OVER-STIMULATED**.

- Extracted from *Acupuncture and the Charka Energy System: Treating the Cause of Disease*, by John R. Cross, ©2008, Page 143

An Energy Center being filled with Unwanted, Dirty or Diseased Energies - is one cause of both Energy Depletion and Energy Congestion. These conditions are a cause of changes in the size of an Energy Center.

I generally come upon **CONGESTION, OR DEPLETION**, in the energy fields. I mean, some chakras are **UNDER-ACTIVATED, AND SOME ARE OVER-ACTIVATED**.

SOME CHAKRAS ARE SHRUNKEN OR CAVED IN.

- Extracted from *New Age Thinking: A Psychoanalytic Critique*, by Mel D. Faber, ©1996, Page 291

LEARN TO FEEL ENERGY PROPERLY

Sometimes Practitioners will notice other Practitioners attempting to “Feel” an Energy Center - by bringing their two hands rapidly together in a “Slapping Motion” and it should be strongly discouraged.

This compiler’s Life Partner never used such a method personally and He never taught this method. Videos demonstrate that He would frequently Feel the Energy with one hand – Very Gently - with Great Sensitivity from one side of a Client - and then - Use **THE SAME HAND** – then He would Feel the Energy of the other side of the Client ...

When use both hands to Feel the Energy of an Energy Center, it is noted that the Practitioner frequently forces the Energy Center being Assessed – to be the size that the Practitioner *thinks it should be* - instead of the Size that the Center actually is ... *This can cause a serious error in determining the size of an Energy Center.*

Therefore “Slapping” at or “Hitting” the “Edges of the Energy” - of an Energy Center should be strongly discouraged.

A wiser approach recommends that the Practitioner Feel the size of an Energy Center with one hand -- bringing the hand in slowly toward the Area or Object being Assessed. Feel ... until it is possible to “Feel the EDGE of the Energy”. Then Assess the Energy Center from the opposite side, using one hand (it can be the same hand or the other hand), follow the same procedure.

If a Practitioner is unable to Feel the Energies - by following the simple steps systematically they will be able to produce the desired result. This is an observable regular outcome when practicing these Energy Techniques.

PRACTICE ON FEELING THE SIZE OF THE ENERGY CENTERS

Let’s Practice.
Take a Partner.

1. One person be the Client and one person be the Practitioner
2. Take a Basin with Water and Salt and a Spray
3. Practitioners stand up, Clients sit down
(*Wait for the students to find a Partner*)
4. Complete the Energy Circuit
5. Invoke for Divine Blessing,

*“To the Supreme God,
Humbly we Invoke for Divine Guidance, Divine Help and Protection,
Thank you for Accuracy in Feeling Subtle Energies ...
Thank you for Divine Healing Power,
Thank you for making this soul Your Healing Instrument ...
With Thanks and in Full Faith.”*

6. Isolate the Client from your Energy Information Field
Say, “The Client is isolated from my Energy Information Field right now!

- Extracted from *The Manual on Pranic Energy Healing*
Level I, Compiled by Charlotte Anderson, Page 87

7. Touch your Heart Energy Center with the pads of your fingers
8. Practitioners stand in front of the Client approximately 3 feet (*or one Meter*) away from the Client
9. Form the Intention to Feel the size of the Crown Energy Center
10. From the Right side of the head slowly move your hand toward the Crown
11. Stop, when you Feel the Edge of the Crown Energy Center
12. Now, Feel the Energy Center from the Left side of the head
13. Slowly move the hand toward the Crown Energy Center
14. Can you Feel something?
15. Now, let's Feel the Energy of the Forehead Energy Center
16. Form the Intention to Feel the size of the Forehead Energy Center
17. Slowly move your hand towards the Left side of the Forehead Energy Center of the Client. ... Feel the Energy
18. Now Let's Feel the Forehead Energy Center from the Right side of the Clients head
19. Can you Feel something?
20. Let's Feel the Ajna Energy Center
21. Form the Intention to Feel the size of the Ajna Energy Center
22. Slowly move your hand from the Left side of the Clients head - towards the Ajna
23. You will notice it is easier to Feel the Ajna with one or two fingers then with the whole hand
24. Now Feel the Ajna Energy Center from the Right side
25. Can you determine the size of the Ajna Energy Center?
26. Form the Intention to Feel the size of the Throat Energy Center

27. Slowly move the hand towards the Center
28. Feel this Center
29. Now Feel the Throat Energy Center from the other side
30. Let's Feel the front Heart Energy Center
31. Form the Intention to Feel the size of the front Heart Energy Center
32. Slowly move your hand towards the Left side of the Clients Heart Center
33. Feel this Center
34. Now Feel the front Heart Center from the Right side
35. Let's Feel the front Solar Plexus Energy Center
36. Form the Intention to Feel the size of the front Solar Plexus Energy Center
37. Slowly move the hand towards the Center
38. Feel this Center
39. Now Feel the front Solar Plexus from the other side
40. Let's Feel the Navel Energy Center
41. Form the Intention to Feel the size of the Navel Energy Center
42. Slowly move the hand towards the Center
43. Feel this Center
44. Now Feel the Navel Energy Center from the other side
45. Let's Feel the front Spleen Energy Center
46. Form the Intention to Feel the size of the front Spleen Energy Center
47. Slowly move the hand towards the Center
48. Feel this Center
49. Now Feel the front Spleen Energy Center from the other side
50. Let's Feel the Sex Energy Center
51. Form the Intention to Feel the size of the Sex Energy Center
52. Slowly move the hand towards the Center
53. Feel this Center
54. Now Feel the Sex Energy Center from the other side
55. Repeat the Procedure on the back the body for your own, then Change Roles

(Instructors Note)

Wait for the students, Then Get Feedback

If you have **DEVELOPED SOME SENSITIVITY IN YOURS HANDS ... you CAN PRACTICE SENSING THE ENERGY...THROUGH FEELING THEM WITH YOUR HANDS ...**

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 81

The ability of a Practitioner to Feel Energies will occur instantly or it may occur over a period of time – if regular Practice is undertaken.

ASSESSING THE QUALITY OF INDIVIDUAL AREAS OF AN ENERGY CENTER

The Chakra has two parts ... a cone to the front and a cone to the back of your body.

- Extracted from *Fishing for Your Truth*, by Irene Steenhagen, ©2005, Page 131

The shape of an Energy Center resembles a cone or a “bell” - with an opening at the front – which like a flower’s petals may be separated into Individual Areas. The front is generally wide and open like a flower – and tapers back to a pointed end – which may be called the “Root”.

... the Root of the Chakra ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 231

As the Practitioner’s hands become more sensitive they can distinguish between qualities of Energies i.e. strong Energy, weak Energy, painful Energy, itchy Energy & other qualities &/or kinds of Energies.

A Practitioner can also Feel if the person has high Energy or low Energy.

“... **FEEL** ... his aura by holding your hand palms down about one foot above from him.

FEEL FOR SENSATIONS OF HEAT, FULLNESS, OR TINGLING.

When you sense or feel the aura, start to move your hands over the entire Aura in order to **COMPARE TEMPERATURES, SENSATIONS, FEELINGS, AND IMAGES THAT COME TO YOUR OWN MIND.”**

- Extracted & Modified from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 44

In some cases it may even be necessary for a Practitioner to **ASSESS** the condition of a Client ... when a Client is unable to speak for themselves or maybe unable to understand what has happened to them.

METHOD 2:

A more comprehensive assessment of the condition of an Energy Center is possible when the Practitioner **LOOKS AT THE AREA** they are Feeling or Scanning – when they are Assessing the Energy of the Center.

Practitioners should carefully determine the size of their Clients Energy Centers. First Scan or Feel the size of the Energy Center. Then Feel the quality of the Energy. This analysis gives you a more comprehensive grasp of the condition of an Energy Center being examined.

SEPARATE THE ENERGY CENTERS INTO INDIVIDUAL AREAS

When Practitioners learns how to Feel the various Divisions or Areas, this will provide a deeply comprehensive Assessment of the condition of the Energy Center and will give the Practitioner more detailed and important information.

Practitioners should immediately begin to discover the Etheric Structure and weakness within each Energy Center or Area being Assessed – including the Front Energy Center and the Back Energy Center.

It is advisable for the Practitioner to learn to Separate the Energy Center into four Individual Areas ... just like a pie ...

These may be Assessed and Cleansed separately – for example Cleansing the Front Energy Center, and then Cleansing the Back Energy Center – separately.

Then go into the Middle Area of the Energy Center – and then go to the Root of the Energy Center.

The Chakra has two parts ... a cone to the front and a cone to the back of your body.

- Extracted from *Fishing for Your Truth*, by Irene Steenhagen, ©2005, Page 131

Imagine that as you look into it you are looking directly into the bell of a flower.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 124

The Practitioner should Feel each Individual Area of the Energy Center – Gently, Separately & Slowly.

Use the Tip or Tips of their Long Energy Fingers – carefully - they should Gently and Slowly – Feel for the Type of Energy of the Energy - in order to determine the

Quality of the Energy within the Energy Center or Area they wish to Assess.

Explore and Feel the Quality of the Energy within Each Specific Area of the Energy Center or Organ – being examined - with the Tip or Tips of the Fingers. Check the Inside of the Energy Center and the Outside of the Energy Center – for a lack of smoothness, roughness, bumpiness, irregularities in the shape and texture of the Energy Center or Area being Assessed.

It is possible to first check the Outer Area of the Energy Center, then to Assess the Middle Area of the Energy Center Slowly and Gently or Softly – never with force and never roughly.

Within the Center – please notice an additional Area - by reaching Deeply into the Middle of the Energy Center –with your Long Energy Fingers. Extend your fingers deeply into the Root of the Energy Center. How does it feel? Assess this Area carefully.

... into the Root of the Chakra ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 231

After obtaining the needed information, the Practitioner may then proceed to perform Rapid Deep Cleansing of the Energy Center and all of its Etheric Areas.

It has been noted ... that when a person takes a long time to Recover – it may be because the Practitioner has not cleaned the Root of the Energy Center thoroughly enough.

Such an outcome may also occur if the Client has a Severe Karmic Condition – which is resistant to correction through Energy Treatment.

- *Extracted from the Notes of Charlotte Anderson*

EXERCISE ON ASSESSING THE INDIVIDUAL AREAS OF THE ENERGY CENTERS

Take a Partner.

1. One person be the Client and one person be the Practitioner
2. Take a Basin with Water and Salt and a Spray
3. Practitioner stand, Client sit

(Wait)

4. Complete the Energy Circuit
5. Invoke for Divine Blessing,

*“To the Supreme God,
Humbly we Invoke for Divine Guidance, Divine Help and Protection,
We Invoke for Clarity in our Feeling Subtle Energies
Thank you for the Divine Healing Power.
Thank you for Making this soul Your Divine Healing Instrument ...
With Thanks and in Full Faith.”*

6. Isolate the Client from your Energy Information Field.
Say, “The Client is Isolated from my Energy Information Field right now!

- Extracted from *The Manual on PEH Level I*, ©2011,
Compiled by Charlotte Anderson, Page 87

7. Touch your Heart Energy Center with the pads of your fingers
8. Practitioners stand in front of the Client approximately 3 feet (or 1 meter) away from the Client
9. Let's Practice on the Throat Energy Center
10. Separate the Energy Center in Individual Areas
Remember to go deeply into the middle of the Energy Center with your Long Energy Fingers. Then Assess the area at the root of the Energy Center.
11. Form the Intention to Feel the quality of the Throat Energy Center
12. Feel each Individual Area with the tip of your Long Energy Fingers – to determine the quality of each of the Areas.
13. Can you Feel something?
14. Now let's Practice on the Solar Plexus Energy Center
15. Separate the Energy Center into Individual Areas ... Assess each Area carefully.
Then reach deeply into the middle of the Energy Center with your Long Energy Fingers. Assess the root of the Energy Center very carefully
16. Form the Intention to Feel the quality of the Solar Plexus Energy Center
17. Feel each Individual Area - with the tip of your Long Energy Fingers - and determine the quality of each of the Areas.
18. Can you Feel something?
19. Let's Practice on the Navel Energy Center
20. Separate the Energy Center into Individual Areas
21. Then reach deeply into the middle of the Energy Center with your Long Energy Fingers. Assess the root of the Energy Center very carefully
22. Form the Intention to Feel the quality of the Navel Energy Center
23. Feel each Individual Area - with the tip of your Long Energy Fingers - and determine the quality of each of the Areas.
24. Can you Feel something?

Instructors Note:

*Give Student's the instructions to Practice on two more Energy Centers on the back of the body.
Then change roles.
Get Feedback.*

Immediately develop confidence.

The Tool of Scanning or Feeling Energy is not too difficult to Learn.

Feel or Check the Energy Condition – before a Treatment -

And always Re-Check the Energy Condition of the Client after the Treatment.

- Modified & Extracted from the Notes of Charlotte Anderson

TREATING IMBALANCED ENERGY CENTERS

You may treat **THE AFFECTED PARTS OF THE BODY** in a similar way, finishing the treatment by saturating the entire body with magnetism.

AFTER TREATING THE AFFECTED PARTS ...

- Extracted from *The Yogi Philosophy*, by Yogi
Ramacharaka, ©1903, Page 154

When an Area of the Physical Body is “sick” or out of Balance – the corresponding Energy Center should be treated in order to assist in normalizing the condition.

Through the Balancing and Normalizing of an Energy Center or an Affected Areas - of the body may be rapidly improved.

When an Energy Center is excessively small this Condition may also be normalized through “Increasing of the Size” of the Energy Center through the Projection of additional Energy.

L7 – Lesson 7	GENERAL KNOWLEDGE ABOUT COLORED ENERGY
Organizational:	Approximately 20 min
Power Point	
Book Reference*	<i>Edgar Cayce On the Power of Color, Stones and Crystals</i> , by Dan Campell, ©1989 <i>The Principles of Light and Color</i> , by Edwin D. Babbitt, ©1978 <i>Jing-Qi-Shen</i> , by Ven Rinchen Chodak, ©2006 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>Theory of Color</i> , by Johann Wolfgang von Goethe ©1870 <i>Chromotherapy - A Practical Manual for SpectraChromo Therapy</i> , by Dr. Master George Dangel ©2005
Internet	www.pranichealing.org http://hubpages.com/hub/Heal-with-Colors www.newworldencyclopedia.org www.ruthpocsai.com
Other	

*these book references apply only to this Sequence that you are reading

GENERAL KNOWLEDGE ABOUT ENERGY

Vital Life Energy is called by many different names by different traditions but it is universally acknowledged as necessary for the existence of all life on planet Earth. The multiple background Energies of the Ground, the Sun, the Air and the Trees are strong sources of Vital Life Energy.

The ability of our Energy Centers to Absorb, Digest & Utilize Vital Life Energy is essential to our Well-Being - Physically, Emotionally, Mentally & Spiritually.

Earth Energy is absorbed through the small Energy Centers located in the Soles of our Feet as well as through the Basic Energy Center of the body.

(Instructor Note: More information in Appendix E - Nature Energies and Vitality Globules.)

Vital Life Energy from the Air is absorbed predominantly through the Spleen Energy Center and to a lesser degree into all the Energy Centers of the body.

When a Client inhales clean Air - the air or oxygen Invigorates the Vitality in the Physical Body - which allows the penetration of the Vital Life Force in the Air - to

enter the Energy System to a deeper degree.

Directly absorbing Energy from the Sun is considered to be a more Advanced Technique that should be Practiced only after thorough Instruction. This is a Practice that should be undertaken only with the greatest of care - in order to avoid damage to the eyes or to the physical body. When improperly done it also may contribute to the acceleration of certain conditions and may even cause damage to the Practitioner.

HISTORIC INFORMATION ABOUT COLORED ENERGIES

Historically the use of Color in Energy Treatments are well documented. Various methods of applying Colors in various shades of intensity appear in Treatment Descriptions in the literatures.

The ancient Egyptians believed the sun was a source of Energy and Healing, and they subscribed to the notion that emotional dispositions are associated with Colors.

The Babylonians, as well as Romans, indulged in sunbathing, and the Persians found reason to practice some form of Light and Color Therapy.

Celsius saw healing values in Color and the Greek physician Galen speculated about the role of Color in connection with physical changes in the body.

The Arabian Avicenna, who could not disallow things mystical, studied diseases and treatments with an eye to Color.

At the end of the middle Ages, the Swiss physician and alchemist Paracelsus appeared on the medical scene.

He prescribed Gold in solution for his patients for a variety of ailments. He believed diseases and illness were the result of imbalances, which he treated with music and Color, invocations and charms, herbs and by regulating the diet.

- Extracted from *Edgar Cayce On the Power of Color, Stones and Crystals*, by Dan Campbell, ©1989, Page 74

The Science of The Vibrational Energy found in Colors as well as the Uses and Applications of Colored Energies are an important part of PEH Level II, but it is not new. **COLOR HEALING HAS BEEN KNOWN FOR OVER 1,000 YEARS ...**

Progress in healing was achieved by the Persian physician Avicenna (980–1037 CE) who is a disciple of Aristotle. In his *Canon of Medicine* he made clear the vital importance of Color in both diagnosis and treatment ... He also advocated the use of Color in treatments.

- Extracted in February, 2011 from
<http://hubpages.com/hub/Heal-with-Colors>

In 2497-2398 B.C. the “Yellow Emperor” is said to have originally used “The Three Treasures” - to explain the “Essential Forces” or “Energies” that sustain human life.

In the Chinese tradition the Three Treasures or Three Jewels are known as “Jing, Qi and Shen” These terms are commonly used in Taoism in relation to the processes that govern both, Spiritual and Physical Health.

- Extracted in February, 2011 from www.newworldencyclopedia.org

The Yellow Emperor was one of the first to discuss Colored Energy Therapy. More information about the Colored Energies located within our Energy Information Field - was later revealed by “Chromo Therapists” – in the 1800’s. .

Healing with Color, or the use of Color therapy for purposes of facilitating healing in the body, originated from the ancient cultures of India, China, and Egypt ...
... Healing with Color begins with a basic understanding of the specific function of a particular Color.

- Extracted from *Jing-Qi-Shen*, by Ven Rinchen Chodak, ©2006, Page 72

(Instructor note: For further Information about Energies from the Chinese point of view go to Appendix D–TCM: Jing–Qi–Shen.)

Later more data about Colored Energies within our Energy Information Field was discovered by Chromo Therapists.

Only Colors of a certain wavelength can be seen through our physical eye. The Colors we see with the eye are a part of the visible spectrum that is reflected back by a certain object.

We know, that when all Colors join together - the result is White Energy. Therefore, working with White Energy brings about the union of all complementary parts.

Colors can affect or influence our mood our emotions and our mental and physical wellbeing.

Edwin D. Babbitt (1828–1905) was one of the most influential American pioneers & writers in the field of Color Research & Color Treatments.

Babbitt advocated changes in the past system of therapeutics by replacing the crude drugs - that he considered relics of barbarism and which were still prevalently used in his time – with the pure elements of nature.

Judging by the record of Successful Treatments achieved through Chromo Therapy*, Colored water, Sunshine & Air is evidenced in the many case histories

recorded in his book. Both his use of Colored Energies and his Techniques were very effective.

- Information taken February, 2011
from www.ruthpocsai.com

**Master Pranic Healer Dr. George Dangel is a modern expert in the Science of Chromotherapy. The Practitioner may refer to his books for additional Information on this subject.*

Instructor Note:

Master Pranic Healer, Rev. Dr. George Dangel wrote the following book:

“Chromotherapy - A Practical Manual for Spectri-Chrome Therapy. ©2005 – which describes Protocols and General Information about the use of Colored Energies. For Book Orders please contact the author: jerzythebaron@ozemail.com.au

Babbitt states:

Light, with its component Colors, is a marvelous storehouse of power to vitalize and heal mankind. It produces not only Color but chemical effects, heat, electricity, magnetism; its organic reaction is witnessed in all the flora and fauna of the earth. All things manifest their potencies and their qualities by means of Color. There is tremendous power in Color repulsions and Color affinities.

- Extracted from *The Principles of Light and Color*, by
Edwin D. Babbitt, ©1878, Page 2

The frequencies of Colors began to be documented with scientific instruments in approximately 1998. Interesting Information are also given by Dr. Valerie Hunt and Rev. Rosalyn Bruyere in the Study of Structural Neuromuscular Energy Field and Emotional Approaches...

... In the study (“A Study of Structural Neuromuscular Energy Fields and Emotional Approaches”), she recorded the frequency of low Milli-Voltage signals from the body during a series of “Rolfing Sessions”....observed the Auras of both the Rolfer and the person being Rolfed...These frequency bands...are in reverse order of rainbow Color sequence.

- Extracted from *Hands of Light*, by Barbara Ann
Brennan, © 1987, Page 33

Healing powers have also been ascribed to Colored germs ...

-Extracted from *Theory of Color*, by Johann
Wolfgang von Goethe, ©1870, Page 167

L8 – Lesson 8	PROPERTIES OF COLORED ENERGIES
Organizational:	Approximately 25 min
Power Point	
Book Reference*	<i>Edgar Cayce on the Power of Color, Stones and Crystals</i> , by Dan Campbell ©1989 <i>Principle of Light and Color</i> , by Edwin D. Babitt, ©1878 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>Color Cure</i> , by A. Osborne Eave, ©1901 <i>Color Healing Chromotherapy</i> , by Health Research, ©1996, Extracted from the texts of A. Osborne Eaves (1901) <i>Jing-Qi-Shen</i> , by Ven Rinchen Chodak ©2006 <i>Advanced Pranic Healing</i> , by Master Choa Kok Sui, ©1992
Internet	www.pranichealing.org www.crystalink.com
Other	

*These book references apply only to this Sequence that you are reading

PROPERTIES OF COLORED ENERGY

The Qualities of Colored Energies have been discussed by multiple authors for thousands of years.

Certain Qualities of Colored Energies can be used for Treatments & some may also be used for other purposes.

Colors are from the fundamental forces of vibration as they apply to the material forces magnified in the physical world.

- Extracted from *Edgar Cayce on the Power of Color, Stones and Crystals*, by Dan Campbell, ©1989, Page 84

UNDERSTANDING SUBTLE NUANCES IN ENERGIES – INCLUDING COLORS & TONES

Energy has taste.
Energy has smell.

Just like people are different – one from another, Different Energies also have different qualities.

It is very important to deeply understand the differences between shades of Color – and to grasp the nuances in Subtle Shades of various Energies. Then a Practitioner will be able to accurately Assess the Energy of the Client being Treated.

Shades of a Color extend - from one end of the spectrum to the other – i.e., from Dark Tones to Light Tones - with multiple shades in between.

When Projecting Energy with Color the Practitioner must learn to be able to distinguish the various Tones - within a specific Colored Energy.

Colored Energies have been noted to hold varying Intensities - within the Spectrum of their Particular Frequency.

A Practitioner may increase their Sensitivity – so as to Assess a Client very thoroughly.

Thereby, a Practitioner - will be more rapidly able to develop far greater refinement in their Ability – to both Sense the Quality of the Desired Colored Energy – as well as to Project it with Greater Accuracy.

In the Chinese Tradition, it has been noted that Softer Colored Energies - or Energies of what we will call “Pale” Tones - may frequently produce a very Powerful Effect. Frequently Softer Colors are more easily Absorbed and Assimilated into the Client’s system.

For instance, we are taught to first send the **PASTEL EQUIVALENT OF THE COLOR** & then **VARYING THE COLOR SHADE AS NEEDED**.

- Extracted from *Jing-Q-Shen*, by Rinchen ven Chodak,
©2006, Page 75

In the 1800’s, Edwin Babbitt also recognized that every Color works according to the axiom that ... **COLOR OF A FINER GRADE HAS A MORE SOFTER & PENETRATING POWER - THAN A COLOR OF A COARSER GRADE.**

A vast amount of information is available on the topic of Colored Energy. Some of this information is given for your deeper Understanding of the multiple uses of these Energies below.

PALE RED COLORED ENERGY

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Red	<i>Edgar Cayce on the Power of Color, Stones and Crystals</i> , ©1989	Dan Campbell	Vitality It promotes Circulation
Pale Red	<i>The Universal Healing Art of Jing-Qi-Shen</i> , ©2006	Ven. Rinchen Chodak	Stimulating, Strengthening Warming, Circulatory System Sexuality
Pale Red	<i>Principles of Light & Color</i> , ©1878	Edwin D. Babbitt	Stimulating to the Blood
Pale Red	<i>Color Cure</i> , ©1901	A. Osborne Eave	Used by Lack of Vitality In cold weather
Pale Red	<i>Advanced Pranic Healing</i> , ©1992	Master Choa Kok Sui	Dilating Cellular Repair
Pale Red	<i>Hands of Light</i> , ©1987	Barbara Brennan	Warming
Pale Red	<i>Color Your World</i> , ©1977	Frank Don	It has an Vitalizing Effect on our Bodies Can be successfully employed for those times when we feel totally Run Down Being an Expansive Energy

Do not use red for ... hypertension, inflammatory conditions, heart disease ...

- *The Big Little Book of Magick: A Wiccan's Guide to Altars, Candles*, D.J. Conway, ©2000, Page 368

PALE ORANGE COLORED ENERGY

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Orange	<i>Edgar Cayce on the Power of Color, Stones and Crystals</i> , ©1989	Dan Campbell	Expansive Assisting Assimilation Relieve repression
Pale Orange	<i>Color Healing Chromotherapy</i> , ©1996	Compiled by Health Research	... suited to the Lower Part of the body ... they should not rest over the Heart
Pale Orange	<i>Advanced Pranic Healing</i> , ©1992	Master Choa Kok Sui	Eliminative Decongesting

(Continued)			“Loosens” Diseased Energy Extracting
Pale Orange	<i>Edgar Cayce on the Power of Color, Stones, and Crystals, ©1989</i>	Dan Campbell	Is Expansive Assisting in the Assimilation It is used to Relieve Repression
Pale Orange	<i>Vibrational Healing: Revealing the Essence of Nature Through Aromatherapy, ©2000</i>	Deborah Eidson	Expelling Purifies
Pale Orange	<i>Color Medicine, ©1992</i>	Charles Klotsche	Released the Energy trapped or blocked within organs
Pale Orange	<i>Healing Chakra: Light to Awaken My Soul, ©2005</i>	Ilchi Lee	Melting away pain

Energies in the lower Energy Centers contain Coarser Qualities of Energies - and more Red Orange and Yellow Energies - as has been noted by several authors. It is recommended that Pale Orange Energy should not be Projected to Sensitive Areas of the anatomy - by inexperienced Practitioners.

...visualize Orange-Colored Light flowing from your hands into this cool area ... Color Visualization vary with the strength of the Energy you transmit. Experience will show you that there are times you want to be delicate in your application of Color Energy, and other times you want to be powerful or even heavy-handed.

- Extracted from *The Psychic Healing Book*,
by Amy Wallace, ©1978, Page 46

PALE YELLOW COLORED ENERGY

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Yellow	<i>Hands of Light, ©1987</i>	Barbara Ann Brennan	Charging
Pale Yellow	<i>Principles of Light & Color, ©1878</i>	Edwin D. Babbitt	Stimulus of the Nerves
PaleYellow	<i>Advanced Pranic Healing, ©1992</i>	Master Choa Kok Sui	Cementing Assimilating, Multiplying & Growing Initiating or Starting Necessary for Strong & Healthy Tissue, Organs, & Bones

Pale Yellow (Continued)	<i>Color Your World,</i> ©1977	Frank Don	Yellow Awakens and Stimulates the Mental Faculties
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PALE GREEN COLORED ENERGY

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Green	<i>Color Healing Chromotherapy,</i> ©1980	Corine Heline, Rex D. Herherington	Relieves Hay Fever, Malaria, Jaundice, Typhoid, Liver Ailments Blood Purifying Purifying of Pollution Decomposition
Pale Green	<i>Hands of Light,</i> ©1987	Barbara Ann Brennan	General Healing Balancing
Pale Green	<i>Advanced Pranic Healing,</i> ©1992	Master Choa Kok Sui	Cleansing Breaking down Decongesting Loosening of Diseased Bio-Plasmic Matter Destruction or Breaking down of Dead & Diseased Cells
Pale Green	<i>Color Your Way,</i> ©1977	Frank Don	Relaxing and Refreshing Can soothe Tension in the Muscles and Nerves It does not Inflammate or Aggravate but Quiets and Refreshers
Pale Green	<i>The Big Little Book of Magick: A Wiccan's Guide to Altars, Candles,</i> ©2000	D.J. Conway	Disinfects Detoxify Dissolves

PALE BLUE COLORED ENERGY

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Blue	<i>The Universal Healing Art of Jing-Qi-Shen,</i> ©2006	Ven. Rinchen Chodak	Cooling, Calming Cleansing, Restructuring
Pale Blue	<i>Principles of Light &</i>	Edwin D.	Soothing

Pale Blue Pale Blue (Continued)	<i>Principles of Light & Color</i> , ©1878	Edwin D. Babbitt	Soothing Electrical Is refined Color Anti-inflammatory (also Violet) Induce Sleep Relieved & Helps Move Pain
Pale Blue	<i>Advanced Pranic Healing</i> , ©1992	Master Choa Kok Sui	Contracting Increases Pliability or Flexibility Facilitates Blood Clotting
Pale Blue	<i>Color Healing Chromotherapy</i> , ©1901	A.Osborne Eaves	Applied to all Conditions of the System where there is Inflammation (except Cold Type) Inward Bleeding Nervous Conditions Cooling, Sedative Astringent & General Healing
Pale Blue	<i>The Forbidden Gift</i> , ©2004	Anttarr Vanzerr	Inhibiting effect
Pale Blue	<i>The Big Little Book of Magick: A Wiccan's Guide to Altars, Candles</i> , ©2000	D.J. Conway	Localizing Limiting Sedative qualities Used for burns, itching, painful skin abrasions, apoplexy, biliousness, cataracts, glaucoma, diarrhea,

Historically it is documented that Pale Blue Colored Energy - in some cases releases pain...

... to the influence of Blue Light through two glass panes. He felt, after 15 minutes, much relieved and *could move about without pains* ...

- Extracted from *Principles of Light and Color*, by Edwin D. Babbitt, © 1878, Page 304

The **SOOTHING ANTI-INFLAMMATORY COLORS ARE VIOLET AND BLUE** the latter cooling to excited blood and Violet to excited nerves.

IN PARALYSIS AND CONDITIONS OF DORMANT FUNCTIONING, BLUE AND VIOLET ARE HARMFUL ...

Narcotics have both thermal and electrical colors and therefore first excite and then depress the system, but **BLUE AND VIOLET LIGHT INDUCE SLEEP.**

-Extracted from *Principles of Light and Color*, by
Edwin D. Babbitt, ©1878,

PALE VIOLET COLORED ENERGY

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Violet	<i>Edgar Cayce on the Power of Color, Stones & Crystals</i>	Dan Campbell	Activate Healing of Brain Damage, Stimulating to the Nervous System Relieving Neuroses Relieves Inflammation Nerves & Eye Injuries
Pale Violet	<i>Advanced Pranic Healing</i> , ©1992	Master Choa Kok Sui	Contains the Qualities of all the other Five Pranas. Has an “Amplifying” or “Multiplier” Effect on the Qualities of the other Color Pranas, when ... Projected Simultaneously with another Color Prana ...
Pale Violet	<i>Hands of Light</i>	Barbara Ann Brennan	Healing Purging field
Pale Violet	<i>Edgar Cayce on the Power of Color, Stones, and Crystals</i> , ©1989	Dan Campbell	Regeneration, Stimulating to the Nervous System Helping to Activate Healing of Brain Damage Relieving Neuroses, as well as Inflammation of Nerves and Eyes Injuries

Pale Violet Energy can be combined with Pale Green Energy and Pale Blue Energy - but it should not be combined with other Colored Energies ...

Instructor's Note: Please note further information on the Combination of Colored Energies may be found on Pages 89 and 114.

PALE PINK COLORED ENERGY

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Pink	<i>The Universal Healing Art of Jing-Qi-Shen</i> , ©2006	Ven. Rinchen Chodak	Soothing, Nurturing Used for the Immune System, Thymus Gland & Helping to Soothe Emotional Disturbances

Soothing, nurturing. Used for the Immune system, thymus gland and helping to soothe emotional disturbances.

-Extracted from *The Universal Healing Art of Jing-Qi-Shen*, by Ven Rinchen Chodak, ©2006, Page 74

METHODS COMBINING & PROJECTING COLORED ENERGIES

A Practitioner may begin to envision Energy through Projecting a Tube of Luminescent Energy onto the floor - then and add the desired Colored Energy to the Outer Edge of the Tube.

The reverse may also be done by Projecting a Tube of Colored Energy and then Projecting Luminescent White Energy to the Outer Edge of the Tube.

Blue and White in combination are more animating then Blue Light alone as it contains the electrical power of the Blue and the Healing Power of all the rays in the White Light.

- Extracted from *Principles of Light and Color*, by Edwin D. Babbitt, ©1878, Page 308

Another method of applying the Color treatment to oneself is to concentrate on the needed Color and visualize it by taking a piece of ribbon or fabric of the Color which is to be intensified...the more powerful the visualization, the more power will it have to raise the individuals vibration and restore it to normal or even higher than normal.

- Extracted from *Color Healing Chromotherapy*, Compiled by Health Research from 21 Works of Leading Practitioners, ©1996, Extracted from A. Osborne Eaves (1901)

In the Principle of Light and Color by Edwin Babbitt he states that every Color must

work after the same law ... the only difference is that a Color of a finer grade has a more softer and penetrating power - than a Color of a coarser grade.

The Principle, in short is that every Color must ever work after the same law, the only difference being that a Color of a finer grade has a softer and more penetrating power than the same Color of a coarser grade, and has also a greater influence on the finer mental forces, though not so direct an influence on the physical system ... The Healing Powers of Light and Color are so gentle, so penetrating, so enduring, and often potent when coarser methods are ineffective. Yet the method should be accompanied by such other contributing factors as the physician may deem necessary.

- Extracted from *The Principles of Light and Color*, by
Edwin D. Babbitt, ©1878, Page 418

It has been noted that if Energy is Projected from a finer source it will tend to emanate Energies that are likewise more refined or Subtle in nature.

In general it is recognized that Energies of darker Colors in some cases tend to be destructive in nature – and therefore they generally not utilized during Treatments.

Therefore it is wise for the Practitioners to learn to regulate the Projection of Colored Energies in order to reach the desired amount and degree of strength of the Energies.

It is recommended Practitioners regularly meditate in order to refine their Energies. Develop the virtue of Loving Kindness through to care for their Clients.

L9 – Lesson 9	LEARN TO PROJECT COLORED ENERGIES
Organizational:	Approximately 40 min
Power Point	
Book Reference*	<i>Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>The Chakras</i> , by Charles W. Leadbeater, ©1927 <i>Kabuna Healing</i> , by Serge Kahili King, ©1983 <i>Body Process: A Gestalt Approach to Working with the Body in Psychotherapy</i> , ©1997 <i>The Principles of Light and Color</i> , Edwin D. Babbitt, ©1878
Internet	www.pranichealing.org www.crystallinks.com
Other	

*These book references apply only to this Sequence that you are reading

PROJECTION OF COLORED ENERGIES

In PEH Level II Practitioners will spend a significant amount of time to learn to produce the correct Shade of the Color being Projected. We will also spend time understanding How, When and Where to use Pale Colored Energies.

It is advisable for Practitioners to become aware of the quality of their own Energy.

When a Practitioner touches their Heart - the Energy of the Desired Color will not become too strong. The Client's system will rapidly be able to absorb the Loving Energy that is being Transferred to them - through the Practitioner.

One of the most important Techniques for Level II Practitioners to learn - is how to produce the Correct Shade and the Right Strength of Energy required to Transform the Condition of the Client from one state to another state.

The ability of a Practitioner to combine Brilliant White Energy with Colored Energy will strongly affect the ability of a Practitioner to use the Color. Combinations of Colored Energies were used in the late 1800's by Edwin Babbitt – who was one of the first Practitioners to actually write about combining Energies of Different Colors.

TRUTH NUMBER ONE

COLORS ARE CONNECTED TO THE FUNCTIONS OF VARIOUS CHAKRAS

In PEH Level II Practitioners will spend a significant amount of time to learn to produce the correct Shade of the Color being Projected. We will also spend time understanding how to use Colors and when to use Pale Colored Energies.

When a Practitioner touches their Heart - the Energy of a certain Color will not become too strong and the Client will more rapidly absorb the Loving Energy that is being Transferred from the Practitioner.

- Extracted from the Notes of Charlotte Anderson

TRUTH NUMBER TWO

Colored Energies are also have been noted to be highly therapeutic in producing a beneficial effect on a multitude of physical and emotional conditions.

Using Colors to heal others is highly effective. Simply imagine the Color of your choice flowing through your hands into your friend's body and/or Chakras and Aura.

*- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, © 1978, Page 75*

Colors are widely recognized to be connected to the functions of the different Energy Centers. Therefore through a Practitioner Projecting a Specific Color – an Energy Center may be more rapidly Balanced and Harmonized.

By simply placing ones attention on an Energy Center a Practitioner may easily learn to Project the Predominant Color of that Center.

- Extracted from the Notes of Charlotte Anderson

TRUTH NUMBER THREE

The Projection of Colored Energies it is very simple.

The Practitioner only needs to focus on the Energy Center that contains the required Color.

Automatically the Energy that the Practitioner needs to Project will flow due to the Intention of the Practitioner. The Quality of the Projected Energy will depend on the degree of the refinement of the Practitioner and on the ability to Project the Energy.

...Visualize Orange Colored Light flowing from your hands... Color Visualizations vary with the strength of the Energy you transmit.

- Extracted from *The Psychic Healing Book*, by Amy Wallace, ©1978, Page 46

A Practitioner should first learn to Project Luminescent White Energy from the Palm of their Hand to the floor. Simply envision a tube of Luminescent White Energy coming out of the Palm Energy Center. Project this Energy to the floor.

Then apply the desired shade of Pale Colored Energy to the Outer Edge of the Tube.

A Practitioner may apply Pale Green Energy or Pale Blue Energy from the Throat, Pale Red Energy, Pale Orange Energy or Pale Yellow Energy from the Basic Energy Center, Pale Pink Energy from the Heart Energy Center or Divine Energy – that may be described as White, Gold, Pale Violet Energies or Electrical Colored Energies - from the Crown Energy Center.

You will **VISUALIZE GREEN, VIOLET, BLUE, RED, ORANGE AND YELLOW** for different effects. Usually, **THE COLORS ARE SOFTENED WITH WHITE TO MINIMIZE ANY HARSHNESS.**

- Extracted from *Healing with Quantum Consciousness*, by Shanimah Ra, ©2012, Page 68

Simply, Project the Energy onto the floor or into the Palm of your hand until you are able to regulate the right shade of the Color.

- *Extracted from the Notes of Charlotte Anderson*

TRUTH NUMBER FOUR

In the Tradition of Barbara Brennan the Practitioner learns to turn on and turn off the Energy.

It is important for Practitioners to be able to turn on - or Project the Right Amount of Energy - then add the Desired Color through concentrating their Attention on the Energy Center - which will produce the Color to be Projected.

Practitioners should learn Project Colors *Gently* so that the Energy will be more easily Utilized or “Absorbed” by the Client.

The **ABILITY OF THE BODY ... TO ABSORB AN INCREASED ENERGY SUPPLY ...**

-Extracted from *Body Process: A Gestalt Approach to Working with the Body in Psychotherapy*, ©1997, Page 132, Emphasis by this Compiler

Therefore, Practitioner's should Practice regularly in order to develop and refine their ability to Project Specific Shades of the various Colored Energies.

Between producing the different shades of Colored Energies "Flick" your hand. This Technique is prevalent in many Traditions.

- *Extracted from the Notes of Charlotte Anderson*

Some Healers perform little rituals such as **FLICKING THEIR FINGERS** to wash away or discharge the patient's Energy ... for the healer to be safe ...

- Extracted from *Kabuna Healing*, by Serge Kahili King, ©1983, Page 124

COLORED ENERGY FROM THE BASIC ENERGY CENTER

In multiple Traditions including that of Barbara Brennan Pale Red Energy is connected with the Root Chakra, Chakra 1-**BASE. COLOR = RED**

- Extracted from *Hands of Light*, by Barbara Ann Brennan, © 1987, Page 50

... **RED CONNECTS WITH THE ROOT CHAKRA.**

- Extracted from www.crystallinks.com February 2011

Charles W. Leadbeater describes the Root Chakra by saying,
... this Chakra is **FIERY ORANGE-RED IN COLOR** ...

-Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 12

PROJECTING PALE RED COLORED ENERGY

1. Complete the Energy Circuit.
2. Do Yogic Breathing
3. Touch your Heart

4. Smile
5. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
6. Project this Energy onto the floor
7. Continue to envision this Luminescent Flowing Energy coming from your palm
8. Now, focus on your Basic Energy Center
9. Think of the Color Red
10. Envision a tube of Pale Red Energy coming out of your Palm Energy Center
11. Project this Energy to the floor
12. Can you Feel a difference between the Luminescent White Energy and the Pale Red Energy?
13. Now, Shake or “Flick” your hands

PROJECTING PALE ORANGE COLORED ENERGY

1. Complete the Energy Circuit
2. Do Yogic Breathing
3. Touch your Heart
4. Smile
5. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
6. Project this Energy onto the floor
7. Continue to envision this Luminescent flowing Energy coming out of your Palm Energy Center
8. Now, focus on your Basic Energy Center
9. Think of the Color Orange
10. Envision a tube of Pale Orange Energy coming out of your Palm Energy Center. Project this Energy to the floor
11. Can you Feel a difference between the Luminescent White Energy and the Pale Orange Energy?
12. Now, Shake or “Flick” your hands

PROJECTING PALE YELLOW COLORED ENERGY

1. Complete the Energy Circuit
2. Do Yogic Breathing
3. Touch your Heart
4. Smile
5. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
6. Project this Energy onto the floor

7. Continue to envision this Luminescent Flowing Energy coming from your Palm Energy Center
8. Now, focus on your Basic Energy Center
9. Think of the Color Yellow
10. Envision a tube of Pale Yellow Energy coming out of your Palm Energy Center. Project this Energy to the floor
11. Can you Feel a difference between the Luminescent White Energy and the Pale Yellow Energy?
12. Now, Shake or “Flick” your hands
13. Relax

COLORED ENERGY FROM THE THROAT ENERGY CENTER

According to Charles W. Leadbeater - Blue or Green Energy predominates - alternately in the sections of Throat Energy Center.

The Throat Chakra: **BLUE AND GREEN** predominate alternately in its sections.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 13

Barbara Brennan also acknowledges a number of small vortexes in this Energy Center and also associates them with the Color Blue...

... **CHAKRA: 5-THROAT. COLOR: BLUE ...**

- Extracted from *Hands of Light*, by Barbara Ann Brennan, © 1987, Page 48

PROJECTING PALE GREEN COLORED ENERGY

1. Complete the Energy Circuit
2. Do Yogic Breathing
3. Touch your Heart
4. Smile
5. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
6. Project this Energy onto the floor
7. Continue to envision this Luminescent Flowing Energy coming from your Palm Energy Center
8. Now, focus on your Throat Energy Center
9. Think of the Color Green
10. Envision a tube of Pale Green Energy coming out of your Palm Energy Center. Project this Energy to the floor

11. Can you Feel a difference between the Luminescent White Energy and the Pale Green Energy?
12. Now, Shake or “Flick” your hands

PROJECTING PALE BLUE COLORED ENERGY

1. Complete the Energy Circuit
2. Do Yogic Breathing
3. Touch your Heart
4. Smile
5. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
6. Project this Energy onto the floor
7. Continue to envision this Luminescent s Flowing Energy coming from your Palm Energy Center
8. Now, focus on your Throat Energy Center
9. Think of the Color Blue
10. Envision a tube of Pale Blue Energy coming out of your Palm Energy Center. Project this Energy to the floor
11. Can you Feel a difference between the Luminescent White Energy and the Pale Blue Energy?
12. Now, Shake or “Flick” your hands
13. Relax

COLORED ENERGY FROM THE CROWN ENERGY CENTER

... PURPLE CONNECTS WITH THE CROWN CHAKRA.

- Extracted from www.crstallink.com, 02/2011

CHAKRA: 7 – CROWN. COLOR: VIOLET-WHITE

-Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 48

THE CROWN CHAKRA ... is on the whole PREDOMINANTLY VIOLET.

-Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 15

PROJECTING PALE VIOLET COLORED ENERGY

1. Complete the Energy Circuit

2. Do Yogic Breathing
3. Touch your Heart
4. Smile
5. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
6. Project this Energy onto the floor
7. Continue to envision this Luminescent Flowing White Energy coming from your Palm Energy Center
8. Now, focus on your Crown Energy Center
9. Think of the Color Violet
10. Envision a tube of Pale Violet Energy coming out of your Palm Energy Center. Project this Energy to the floor
11. Can you Feel a difference between the Luminescent White Energy and the Pale Violet Energy?
12. Now, Shake or "Flick" your hands

There is a Coarser Quality of Yellow Energy coming from the Basic Energy Center. A more Subtle Quality of Yellow Energy is produced in the Crown Energy Center. This quality of Subtle Energy is generally used for the Regeneration of Sensitive Areas of the body. Practitioners may also find a special Quality of Pale Green Energy in the Crown Energy Center.

PROJECTING PALE YELLOW COLORED ENERGY FROM THE CROWN

... (*With regard to*) **YELLOW, THE PROGRESSION IS TOWARDS LUMINOSITY**; from the yellow downward - it is toward the coarse grade of shadow; from **THE YELLOW UPWARD, TOWARD THE FINE GRADE OF SHADOW.**

- Extracted from *The Principles of Light and Color*, Edwin D. Babbitt, ©1878, Page 68, Emphasis by this Compiler

The Yellow that comes from the Basic Energy Center is a Coarser form of Yellow Energy - while the Yellow that comes from the Crown Energy Center is a more Subtle Yellow.

1. Complete the Energy Circuit
2. Do Yogic Breathing
3. Touch your Heart
4. Smile
5. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center

6. Project this Energy onto the floor
7. Continue to envision this Luminescent Flowing White Energy coming from your Palm Energy Center
8. Now, focus on your Crown Energy Center
9. Think of the Color Yellow
10. Envision a tube of Pale Yellow Energy coming out of your Palm Energy Center. Project this Energy to the floor
11. Can you Feel a difference between the Luminescent White Energy and the Pale Yellow Energy?
12. Now, Shake or “Flick” your hands

PROJECTING PALE GREEN COLORED ENERGY FROM THE CROWN

THE CROWN CHAKRA seems to contain all sorts of prismatic hues ...

- Extracted from *The Chakras*, by Charles W.
Leadbeater, ©1927, Page 15

1. Complete the Energy Circuit
2. Do Yogic Breathing
3. Touch your Heart
4. Smile
5. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
6. Project this Energy onto the floor
7. Continue to envision this Luminescent Flowing White Energy coming from your Palm Energy Center.
8. Now, focus on your Crown Energy Center
9. Think of the Color Green
10. Envision a tube of Pale Green Energy coming out of your Palm Energy Center. Project this Energy to the floor
11. Can you Feel a difference between the Luminescent White Energy and the Pale Green Energy?
12. Compare the Green Energy coming from the Crown with Green Energy coming from the Throat. Project Green from the Throat
13. Now, Shake or “Flick” your hands
14. What are your findings?
15. Is it more refined? Is it more subtle?

PROJECTING PINKISH ENERGY FROM YOUR HEART ENERGY CENTER

Pinkish Energy from the Heart may be used when treating Children and Older

People.

If a Practitioner wishes to use Pinkish Energy in treatments frequently it is advised to Practice *The Planetary Meditation for Peace* regularly.

The Heart Chakra of a loving person **IS FULL OF ROSE LIGHT** ... and a beautiful rose Color is added ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 51

1. Complete the Energy Circuit
2. Do Yogic Breathing
3. Touch your Heart
4. Smile
5. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
6. Project this Energy onto the floor
7. Continue to envision this Luminescent Flowing Energy coming from your Palm Energy Center
8. Now, focus on your Heart Energy Center
9. Think of Pinkish Energy
10. Envision a tube of Pink Energy coming out of your Palm Energy Center.
11. Project this Energy to the floor
12. Can you Feel a difference between the Luminescent White Energy and the Pink Energy?
13. Shift between Luminescent White and Pinkish Energy
14. Can you feel a difference in the Quality of these Energies?
15. Now, Shake or "Flick" your hands

Did you Spray your hands?

When you are finished you may take a seat

- Extracted from the Notes of Charlotte Anderson

(Wait)

Get Feedback

At home, you may exercise by Projecting Colored Energy to one of your Hands to experience the different shades of the Colors.

When Projecting Energy, Remember to Complete the Energy Circuit.

Begin with Stillness

Say to yourself, "I Feel happy."

And then Feel the Energy ...

Always remember to look at what you are Feeling or what you are Scanning.

When you bend your knees it increases the amount of Earth Energy coming in your body.

Now Project White, then Project Luminescent White Energy with Pale Red Energy at the Outer Edge of the Tube.

Feel the Energy from the front to determine the Amount of Energy

Then Feel the Energy on either side - to determine the Size of the Energy.

When Energy is Projected to your hand does it Feel different than before?

What is the quality of the Energy?

Is it warm, is it cold?

- Extracted from the Notes of Charlotte Anderson

The Heart Chakra is the most important Chakra used in the **HEALING PROCESS** ... all energies travel into the Heart Chakra before moving out of the hands ...

*- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 76*

In general a Treatment can be accelerated when the Practitioner increases their own Loving Energy – by Touching their Heart Energy Center with the Pads of their Fingers - before Projecting Energy to the Client.

This will give the Projected Energy a nourishing Emotional Effect and will increase the Receptivity of the Client.

Get a partner, hold hands, and each take a turn at running Energy to the other in a certain Color ...

*- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 238*

EXPERIMENT ON CREATING AND FEELING PALE COLORED ENERGIES


1. Take a Partner
 2. One person should Project Energy of Pale Colored Energy - into the Ball.
 3. Hold the Ball of Colored Energy between their Hands.
 4. Now Allow your Partner to Feel the Shape and the Quality of the Colored Ball of Energy.
 5. Experiment with your Partner - and try to intensify whatever Sensation that you may feel.
 6. Choose 3 Colors on which to Experiment – then Change Roles.
- Give the Student's 15 minutes time to Exercise with a Partner*

L10 – Lesson 10	DISCUSSION ON BRILLIANT ELECTRIC VIOLET ENERGY AND GOLD ENERGY
Organizational:	Approximately 15 min
Power Point	
Book Reference*	<i>Color Healing Chromotherapy</i> , by Health Research, ©1996 <i>Man – Visible and Invisible</i> , by Charles W. Leadbeater, ©2008, 1 st Published 1902 <i>Esoteric Healing</i> , by Alice A. Bailey, ©1953 <i>The Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978
Internet	www.Pranichealing.org
Other	

*These book references apply only to this Sequence that you are reading

DISCUSSION ABOUT BRILLIANT ELECTRIC VIOLET ENERGY AND GOLD ENERGY

Electric Violet

Electric Violet	
	
Color coordinates	
Hex triplet	#8F00FF
sRGBB (r, g, b)	(143, 0, 255)
CMYKH (c, m, y, k)	(44, 100, 0, 0)
HSV (h, s, v)	(274°, 100%, 100[9]%)
Source	HTML Color Chart @274
B: Normalized to [0–255] (byte)	
H: Normalized to [0–100] (hundred)	

The color at right, **electric violet**, is the closest approximation to middle *spectrum violet* that can be made on a computer screen, given the limitations of the **sRGB color gamut**. It is an approximation of the color violet at about 400 nanometers as plotted on the CIE chromaticity diagram. Other names for this

color are **middle violet** or simply **violet**.

- Extracted from www.wikipedia.org

... BEYOND THE VIOLET ARE THE ULTRA VIOLET.

- Extracted from *Color Healing Chromotherapy*, *Extracted 21 Works of Leading Practitioners*, by Health Research © 1996,
This part by Corine Health

The **ULTRA-VIOLET TINTS DENOTE THE HIGHER AND PURER DEVELOPMENTS**...Occult advancement proclaims itself not only by these Colors, but also by the greater luminosity of the various bodies, and by their increased size and more definite outline.

-Extracted from *Man-Visible and Invisible*, by Charles W. Leadbeater, ©1902, Page 70

Feel a deep love pouring into you. Regard it as substantial Light which you can and will manipulate. Then it is sent out as a stream of radiant Light ... direct it through ... your Hands to the patient ...

- Extracted from *Esoteric Healing*, Alice Bailey, ©1953, Page 104

The Crown Energy Center is a source for the Vibrations of Violet, Gold and Brilliant Electric Violet Color Energy We first learn to use Gold Energy when we Practice *The Planetary Meditation for Peace*. We Project Golden Energy from the Crown and the Heart Energy Centers - to every person every being and Mother Earth.

Brilliant Electric Violet Energy has a high frequency. It is considered to be “Divine Energy”. This special Energy moves to different Areas of the body where it is required – automatically.

- *Extracted from the Notes of Charlotte Anderson*

This Golden Energy from the Crown has multiple uses.

When Brilliant Electric Violet Energy is Projected - it is observed that it sometimes comes out of the hands and then automatically turns to Gold - or shifts from Brilliant Electric Violet Energy to Gold or from Gold back to Brilliant Electric Violet Energy.

The Properties of Golden Energy are similar to Brilliant Electric Violet Energy but they tend to be more Subtle.

Golden Energy like all Divine Energies has the quality of being Cooling in nature.

After becoming Gold, still later Brilliant Electric Violet Energy may become Green, Red or other Colored Energies.

Golden Energy is partially physicalized.

If you want Energy to stay in a certain place - you may Project Gold Energy – which has a tendency to “fix” the Energy - so that it will stay in one place.

- Extracted from the Notes of Charlotte Anderson

PROJECTING BRILLIANT ELECTRIC VIOLET ENERGY

1. Complete the Energy Circuit
2. Do Yogic Breathing
3. Mentally say,

*Lord, we humbly Invoke for
Your Divine Guidance, Divine Help and Protection
and for Your Tremendous Healing Energy.*

4. Feel the Divine Energy coming down in your Crown Energy Center
5. Envision a tube of Luminescent Divine Dazzling Brilliant White Energy is coming out of your Palm Energy Center
6. Project this Divine Energy onto the floor
This Color can also be termed Brilliant Electric White Energy
7. Continue to envision this Luminescent Divine Dazzling Brilliant White Energy coming from your palm
8. Add a dash of Dazzling Brilliant Electric Violet Energy on the outer edge
9. Now, Shake or “Flick” your hands

PROJECTING GOLD ENERGY

... **VISUALIZE A CLEAN, CLEAR LIGHT GOLDEN ENERGY** flowing gently from your hands and washing over your friend's entire body ...

- Extracted from The Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978, Page 47, Emphasis by the Compiler

1. Complete the Energy Circuit
2. Do Yogic Breathing
3. Mentally say,

*Lord, we humbly ask
for Your Divine Guidance, Divine Help and Protection
Thank you for Your Tremendous Healing Energy.*

4. Feel the Divine Energy coming down in your Crown Energy Center
5. Envision a tube of Subtle Golden Energy is coming out of your Palm Energy Center
6. Project this Subtle Energy onto the floor.
7. Continue to envision this Subtle Golden Energy coming from your palm.
8. Now, Shake or “Flick” your hands.

L11 – Lesson 11	REMOVING ENERGY CORDS
Organizational:	Approximately 50 min
Power Point	
Book Reference*	<i>The Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>Energy for Life: Connect with the Source</i> , by Colleen Deatsman, ©2006
Internet	www.pranichealing.org www.Energy-healing-info.com
Other	<i>The Manual on PEH Level I</i> , Compiled by Charlotte Anderson, © 2011

*These book references apply only to this Sequence that you are reading

REVIEW ON RELEASING THE PROJECTED ENERGY

Releasing the Energy Link between the Practitioner & the Client is very important. You must know that Energy flows from a higher source to a lower source. The Practitioner is like a Mini-Power House.

The “Power” has to be Cut or Released from the front and back Solar Plexus Energy Center of the Practitioner otherwise the Client may continue to suck their Energy.

- *Extracted from the Notes of Charlotte Anderson*

Disconnecting the Energy Cord or Link between the Practitioner and the Client is fast and easy. This must be done after every Treatment.

Raise your hand – like a knife and forcefully make a downward gesture
(Instructor demonstrates)

Form the intention to Release the Cord from the Client.

Mentally say, “Cut! Cut! Cut!”

- *Extracted from The PEH Level I, Compiled by Charlotte Anderson ©2011, Page*

... Gently **BREAK THE CONNECTION**...and move away from the Client ...

- *Extracted from Hand of Light, by Barbara Ann Brennan, ©1987, Page 235*

REMOVING ENERGY CORDS

It is very important for a Practitioner to receive more information and a deeper understanding of Energy Links in PEH Level II.

Immediately the Practitioner should use a Technique for Removing Energy Links after Treating a Client.

This Technique may be used to Remove Energy Cords or Connections from between the Practitioner and the Client, from an Instructor from the students etc.

In psychic lingo, we call other people's request for attention "cords"... Cords are passed back and forth between people's Chakras constantly, without the people being aware of it ...

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1987, Page 79

The stronger the connection is between two people, the stronger and greater the number these cords there will be. In cases where a relationship is ending, the cords are slowly disconnected.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 75

The negative effects of having an "Impermissible" Energy Connection - between two or more individuals - requires considerable understanding.

These Energy Connections drain the Energy of a person.

These Energy Cords may cause weakness, headache, spine problems, inflexibility, depression and other conditions such as "Feeling" the exact condition of a Client in the Practitioner's body as well as a multitude of other unwanted effects.

Sucking Energy from those around in order to fill the person's own field ... one can Feel this form of sucking ... that is exhausting to the recipient ... these people love to be around others in some form of socializing ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 75

Generally Energy Connections from your Children, your parents or your spouse are okay. Therefore they are usually "Permissible" in most cases.

However, sometimes strangers or friends will "Connect" to our Energy for various reasons.

This is not considered to be "Allowable", and these Connections should be "Cut or Removed" from our Energy Systems – so that they will not begin to drain or

affect the normal level and/or Quality of our Energy.

How can we tell if such Connections are attached to us?

Form the Intention to Scan or Feel the Energy Field of the person for all unwanted or Unallowable Connections or Cords.

Then “Feel” for Impermissible Connections.

With the hand held horizontally “Feel” for any Unwanted Connections – Simply Scan downward - with the hand close to the body until you “Feel” something.

Remember to hold the hand in a horizontal Position.

When “Feeling” for these Energies – Hold your hand about 3 inches (8 cm) from the body of the Client.

- Extracted from the Notes of Charlotte Anderson

See if you can **SEE, VISUALIZE, SENSE OR FEEL ANY CORDS** there ...

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 82, Emphasis by the Compiler

A Practitioner may notice that there are Cords which differ in their size - and there may also be in varying number of Connections.

Some Cords may be small and fine.

Others may be fat – thick or have a consistency like rope.

Cords may also have multiple strands.

- Extracted from the Notes of Charlotte Anderson

A CORD CAN BE BIG, SMALL, THICK, WISPY, EASY OR DIFFICULT TO REMOVE.
Be gentle!

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 82, Emphasis by the Compiler

The Practitioner should simply wrap their hand around the Cord or Cords.

Then “Clip” first next to the body and then approximately 6 inches (or 15 cm) away from the first clip. This is done like clipping the Cord that connects a baby to its Mother.

(Instructor demonstrates)

This leaves an area in the middle of the Cord where the Practitioner may readily

“Cut” the Connection.

The Practitioner should then Assess the Individual Areas of the Energy Center to see if any Area of the Center requires further Cleansing.

(Instructor's Note: Refer to Page 38 – Lesson Six – to Refresh your understanding of Separating a Center into various Individual Areas)

After Cutting, gently reach into the Chakra and pull out the Root of the Cord.
After the Connection is Cut - then reach into the Center of the Root of the Energy Center - with your long Energy Fingers - and very gently but persistently pull out the Root.

- Extracted from the Notes of Charlotte Anderson

TO PULL THIS ENERGY OUT, IMAGINE THAT YOUR ETHERIC FINGERS APPEAR TO GET VERY LONG, or THE ETHERIC PARTS OF THE FINGERS GROW LONG AND PENETRATE THE BODY OF THE PATIENT and simply scoop up the Energy like a shovel or rake it together to be scooped up...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 217, Emphasis by the Compiler

Sometimes it is necessary to Pull the Cords out - use a Wave-Like Motion.

(Instructor demonstrates)

At other times a Practitioner may use the Spaghetti Approach.

(Instructor demonstrates)

Gently pull out the Root completely.

The Impermissible Connection should then be thrown to the closest church or temple.

The Practitioners should then Re-Assess the Energy.

If more Energy Connections are left, pull them out and throw them into a basin with Water and Salt.

After a Cord is completely removed it is necessary to Treat the Etheric Wound created through Removing the Cord.

This is done by Projecting Gold to the damaged area - from the Crown Energy Center.

- Extracted from the Notes of Charlotte Anderson

Now, **VISUALIZE A CLEAR, CLEAN, NEUTRAL, LIGHT GOLDEN ENERGY**

washing through the Energy System ...

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 84

It is easy for a Level II Practitioner to learn to Project Gold from the Crown Energy Center.

When we Practice *The Planetary Mediation for Peace* we Project Golden Energy from the Crown and the Heart - to every Person, to every Being and to Mother Earth.

This is the same Quality of Energy that we use when we want to Treat the Etheric Wound left - from the pulling of the Root of the Energy Connection - from the body of the Client.

The Projection of this Golden Energy Seals the damaged area. It also, to a certain degree protects the Energy Center - from a future intrusion.

... **THE ENERGY FLOWING INTO THE LEAKAGE, KEEPING THE ENERGY FROM BEING SPRAYED AWAY UNTIL THE HOLE IS COMPLETELY SEALED** and the energy field returns to its fully intact state.

- Extracted from *Energy for Life: Connect with the Source*, by Colleen Deatsman, ©2006, Page 81, Emphasis by the Compiler

The same approach can be used on Cutting Impermissible Connections from the Sex Energy Center.

When Cutting from the Sex Energy Center say,
“I have control over my Sex Energy Center or My Client will have Greater Control over their Sex Energy Center”.

Impermissible Cords may be attached to any Area of the body. The more publicly well-known the Individual is - the Greater the likelihood that there will be more Cords attached to their Energy Centers.

It is also possible to use Lavender Oil on the hands to increase the effectiveness of this Technique.

However, the correct Sequence is to: Feel – Cut - Pull - and Throw with either one or two Hands.

- *Extracted from the Notes of Charlotte Anderson*

PRACTICE ON REMOVING ENERGY CORDS

1. Get a Partner
2. Decide who will be the Practitioner, and who will be the Client
3. Take a Basin with Water and Salt and a Sprayer
4. Practitioner stands up, Client sit down
5. Let's Invoke for Divine Blessing,

*To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Divine Help and Protection
Thank you for Miraculous Healing Power,
Thank you for Making this soul Your Healing Instrument ...
With Thanks and in Full Faith. Thank You.*

6. When you Treat, please remember to remove your wristwatch
 - a. Exercise your hands to increase Responsiveness
 - b. Practitioner, Smile.
 - c. Tell the Client to, "Close your eyes. Be conductive and sit with your feet flat on the floor. Please complete the Energy Circuit."

- Extracted from *The Manual on PEH Level I*,
Compiled by Charlotte Anderson, ©2011, Page 62

7. Practitioner, complete the Energy Circuit
8. Form the Intention to Feel or Scan the Improper Energy Cords
9. Raise your hand close to the body & Feel for Connections - use a horizontal motion of the hand - from the head down to the feet of the Client.
10. Continue to move your hand downward –Feeling for All Cords or Energy Connections.
11. First, Feel the Cord... Then gather the Cord or Cords together with one hand ... Take your time!
12. ... Then "Clip" next to the body & "Clip" away from the body
13. Now, CUT the connection – between the Clips - making a strong "Cutting" downward motion with your other hand
14. Throw the Removed portion of the Connection - to the closest church or temple

(Instructor demonstrates)

Now, Reach into the "Root" of the Energy Center with your long Energy Fingers and gently pull out the Root.

This may entail either of several procedures – when the Cord is deeply embedded or deeply attached.

(In some instances - the Practitioner may use a Wave-Like Motion when extracting the Energy Cord. In another instance – the Practitioner may use the Spaghetti Approach - pulling and pulling the long rubbery Energy Cord – out out out --- Pulling and pulling it like on a very long string or strand of Spaghetti.)

15. Then the Practitioner may throw the “Root” of this Energy Connection to the closest church or temple.
16. Then Treat the Etheric Wound with Gold by Projecting Gold from the
17. Crown Energy Center.
18. Concentrate on the Crown Energy Center
Feel Divine Energy flowing into your Crown
Feel the Golden Energy coming out of your hand
Simply Project Golden Energy so as to “Seal” the damaged area – so that the Energy Cord will not reconnect to the Client.

- Extracted from the Notes of Charlotte Anderson

ALWAYS FILL UP A SPACE - WHICH YOU HAVE CLEANED OUT BY ADDING CLEAN ENERGY (*Vital Life Force*).

- Extracted from *The Psychic Healing Book*, by Amy Wallace, ©1978, Page 122, Emphasis by the Compiler

... Fill the hole left (☺) ***Seal It Off*** ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 231, Emphasis by this Compiler

*(Instructors Note: Wait until the students have finished this Exercise – then Change roles and repeat the Procedure.
The Students should Practice on both the Front and Back of the Body.)*

L12 – Lesson 12	THE ANCIENT HAND-ROTAARY TECHNIQUES
Organizational:	Approximately 1 Hour
Power Point	
Book Reference*	<i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>The Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978 <i>The Chakras</i> , by Charles W. Leadbeater, ©2006, 1 st Published 1927 <i>Prana, The Secret of Yogic Healing</i> , Atreya, Samuel Weiser, Inc ©1996 <i>Jing-Qi-Shen</i> , by Ven Rinchen Chodak, ©2006 <i>Color Therapy</i> , by Rashmi Sharma & Maharaj Krishan Sharma, ©1999
Internet	www.pranichealing.org

*These book references apply only to this Sequence that you are reading

UNDERSTANDING THE MOVEMENT OF THE ENERGY CENTERS

Research on the Chakras or the “Whirling” Energy Centers - demonstrate that these Energy Centers - have an ability to both Absorb and Expel Energies - at varying Rates of Speed – depending on the Strength of the body of the Client.

THE CHAKRAS ARE BELL-SHAPED VORTICES (WHIRLING, Eddying Areas of Power). EACH CHAKRA ABSORBS A SPECIAL CURRENT OF VITAL ENERGY ...

- Extracted from *Color Therapy*, by Rashmi Sharma & Maharaj Krishan Sharma, ©1999, Page 52

Each chakra is like the petals of a lotus flower.

Its VORTICES ROTATE ALTERNATELY IN CLOCKWISE AND ANTICLOCKWISE DIRECTION.

- Extracted from *Your Window to Silence and Peace: Gems of Yogic Meditation*, by S. K. Babooa Phd, ©2012, Page 33

In order to normalize Unwanted Energy Conditions within an Energy Center or within an Affected Area of the body - a Practitioner needs to first remove old used up Energies.

To maximize their effort – it is essential for Practitioners to have a little bit of knowledge about the Movement of the Energy Centers. This understanding will allow the Practitioner to consciously perform the following more Advanced Energy Cleansing Technique – with great effectiveness.

... **THE CHAKRAS ARE CONSTANTLY MOVING, SPINNING** ... (*& are frequently are*) linked to ... a wheel (*due to their turning or Spinning Movement*).

- Modified & Extracted from *Auras, Chakras, and Energy Fields*, by Sylvia Lavey, ©2007, Page 8, Emphasis by this Compiler

According to the late Dr. Joie Jones, a researcher in the Radiological Sciences Department at the University of California at Irvine California - in his Study from 2006 he stated that:

“The term Chakras literally means “Whirling Energy Centers”. In the Chinese Tradition, these Energy Centers correspond to the major Acupuncture Points.”

Dr. Joie Jones research about Acupuncture Points demonstrates that:

“The Acupuncture Points are made up of Two Parts: the Upper Part and a Lower Part.

These 2 Parts are constantly moving in opposite directions.

When the Upper Part is moving Clockwise - the Lower Part is moving Counter-Clockwise (*or Anti-Clockwise*). This motion - Alternates from Clockwise to Counter (*or Anti*) Clockwise.”

- *Extracted from the Notes of Charlotte Anderson*

This understanding by Dr. Jones is very important - because as it validates numerous experts who have written about & described for Centuries.

Barbara Brennan describes the Chakras as Spinning - Counter-Clockwise.

She said when “a Chakra is spinning Counter-Clockwise the Energy current is flowing away outward (*away from*) the body.”

Thus when a Practitioner - Rotationally moves their Hand to the Left – they are working in Harmony with the normal functioning of the Energy Center which is

Spinning Counter-Clockwise – as it is already Expelling its Energy outward ... and the Practitioner simply works with the Energy Center to Maximize the Expelling of this Energy. We will discuss this important Removal Technique a little later.

HOW DOES A PRACTITIONER KNOW THE DIRECTION THAT THE ENERGY CENTER IS TURNING?

If the Practitioner visualizes an Energy Center - looking like a Clock, the hands of the Clock will display 12 o'clock at the Top and 6 o'clock at the Bottom. This will help the Practitioner to instantaneously grasp the direction that needs to be used when they are moving their Hand.

THE ANCIENT HAND-ROTATION PRESENTATION TECHNIQUE

Yogi Ramacharaka in 1906, advised Practitioners to use what he called the “Rotary Presentation” Technique.

... **ROTARY PRESENTATION** CONSISTS IN HOLDING THE HANDS FOR A MOMENT OR TWO & THEN **BEGINNING A ROTARY MOVEMENT OF THE HAND** ...

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 57

The ancient Hand-Rotary Technique is one of the most rapid methods for Cleansing and Projecting Subtle Energies and has been used under different names in various schools. In PEH Level II this more Advanced Technique for removing Energy utilizes these Ancient Hand Rotation Methods. It is a very powerful method.

This Technique may be used to Remove Unwanted Energies either from an Energy Center, a Bodily Part or from a Specific Area of the Body.

The Hand-Rotary Presentation Technique is also related to an ancient Chinese Method, used at the time of the Yellow Emperor - for Removing Diseased Energy from an Affected Area of the body ... It describes Practitioners moving their hand - in a Counter Clockwise (*or Anti-Clockwise*) or to the Left.

This Procedure has been described as moving in two directions – one for Cleansing and one for Projecting. We will discuss these Techniques one at a time.

Place your hand over the Chakra ... **MOVE YOUR HAND COUNTER-CLOCKWISE**

FOR ABOUT 5-6 PASSES.

- Extracted from *Jing – Qi - Shen*, by Ven Rinchen Chodak, ©2006, Page 40

USING THE ANCIENT HAND-ROTATION CLEANSING TECHNIQUE

When a Practitioner uses the Hand-Rotary Cleansing Technique – the motion of the Direction of the Energy Directed into the Energy Center moves in synchronization - with the Natural Movement of the Energy Center - drawing the Energy out of the Energy Center. Therefore the Cleansing Procedure itself becomes aligned with the function of the Energy Center.

This Technique is very effective because when:

**WHEN THE CHAKRA SPINS COUNTERCLOCKWISE, THE ENERGIES
THE CURRENT IS FLOWING OUTWARD FROM THE BODY ...**

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 71

This assists the Energy Center to Expel old used-up, Unwanted and/or Diseased Energies from the deep within the various areas of the Energy Center.

It is this Counter-Clockwise (*or Anti-Clockwise*) Motion of the Energy Center – that facilitates the Release of the Projected Energy from the Energy Center. This allows a more Rapidly Outward Flow of Energy from the Center.

The Practitioner should always remember that the direction for the Hand-Rotary Cleansing Technique - should always be in a Counter-Clockwise (*or Anti-Clockwise*) direction – which means the Rotation in Cleansing will **ALWAYS BE DIRECTED TO YOUR LEFT – OR** Counter-Clockwise (*or Anti-Clockwise*) when Cleansing.
(*Instructor, show the movement with their hand.*)

In the Chinese tradition the Hand-Rotary Technique initially recommended that two to three sets of 10 Rotations each be done to Clear the Energy Center of Unwanted Energies.

THIS GENERALLY TAKES ABOUT TWO TO THREE SETS OF 10 ROTATIONS.

-Extracted from *Jing - Qi - Shen*, by Ven Rinchen Chodak, ©2006, Page 40

It is recommended that the Hand-Rotary Cleansing Technique should be done 50 – 100 times - in sets of 3-7 Rotations per set. The Cleansing Procedure should be continued - until the Energy Center or Affected Area is completely Clean.

Always **CLEANSE THE CHAKRAS IN A COUNTER CLOCKWISE MOTION.**

- Extracted from *A Sparkling Aura – a Sparkling Life: A Guide to Ethereal Crystals*, by Scott Marmorstein, ©2006, Page 119, Emphasis by the Compiler

Another option in Cleansing - is to use the Hand as a Scoop. Hold the Hand – so as to gently “Scoop Out” - all of the Stagnating or “Old, Used Up” Energy from the Energy Center or the Individual Area being Treated – placing the Removed Energy into the opposite hand. Then BOTH hands of the Practitioner – place the Removed Energies into the Basin of Water in Salt – together – at the same time. When this Technique is used – the Practitioner should take care not to allow Unwanted Energies to fall onto the floor of the Treatment area. And Practitioners should remember at the end of the Treatment to CAREFULLY check to see if any Unwanted Energies - remain in the knuckles or joints of their hands.

Imagine that your hand is an oversized spoon, or a large scoop. **STILL MOVING COUNTERCLOCKWISE**, visualize the spoon or scoop scraping out all stagnant Prana until the Chakra is Clean and clear, radiating out its true Color. ... **BETWEEN SETS SHAKE OFF YOUR HANDS.**

- Extracted from *Jing - Qi - Shen*, by Ven Rinchen Chodak, ©2006, Page 40, Emphasis by this Compiler

The advice of various experts, instructs a Practitioner to Thoroughly Cleanse the Energy Center being Treated. This Procedure may be Enhanced - through Cleansing through using the Ancient Hand-Rotation Technique.

If there are some Practitioners who are reviewing this course, please note that when you hold your hands in an upward position with the wrist tense and the fingers stiff using a motion that look as if they are “digging out” the Energies - the joints of their fingers meet the joints where the fingers meet the palm of the hand - may become seriously contaminated.

This may causes the Practitioner to experience a Feeling of stiffness or pain. When this occurs it is necessary to soak the hands in a large basin of water and salt-

solution - with about a third of a kilo or $\frac{3}{4}$ of a pound of salt in a basin of warm water.

Be certain to sit with the underarm area open so that Energy may be pulled down through the fine meridians from the neck, the shoulders and the arms - so that it may be drawn out into the water and salt.

The Practitioner may play *The Planetary Meditation for Peace* during this Procedure - to facilitate deeper and faster Cleansing.

Sometimes the Life Partner of this Compiler – would experience discomfort or pain in His Hands or Arms after doing a Treatment. He used several Techniques to Alleviate the Contamination.

During one visit to Argentina – He soaked His fingers in a cup of Espresso Coffee. This worked so brilliantly – that He began to Bathe in Instant Coffee and Soft Salt.

He also played different versions of the Mantra “OM “to assist in removing Contaminating Energies – and noted that the playing of *The Planetary Meditation for Peace* at very low volume in the Treatment Room is very effective in both Speeding the relief of the Client – as well as in assisting the Treatment of challenging cases – such as the Treatment of Cancer.

Contamination can be Reduced by carefully preparing the Treatment Area – and through taking proper Hygienic measures after a Treatment is concluded.

If during a Treatment Session – Practitioners need to be aware of their own physical condition – and if their hands feel slightly itchy, they should remember to “shake” or “flick” your hands – or Wash the hands with Water and Salt – or Spray the Hands with Alcohol Spray.

Practitioners must always remember to Clean their hands immediately after a Treatment - otherwise the Unwanted, Dirty, or Diseased Energy may seep into of the Fine Meridians of their hands and arms – which can be one cause of deep contamination.

- *Extracted from the Notes of Charlotte Anderson*

The shaman **REMOVES WHAT IS UNDESIRABLE OR “DIRTY” FROM THE PERSON.**

- Extracted from *Shamanism: An Expanded View of Reality*, compiled by Shirley Nicholsom, ©1987, Page 10, Emphasis by this Compiler

USING THE HAND-ROTARY PROJECTION TECHNIQUE

This is the form of Pranic Healing in which either the sick person or some “healer” **SENDS AND INCREASED SUPPLY OF PRANA TO THE AFFECTED PARTS** ... In Magnetic Healing the hands are usually passed over the body, the actual touch usually being employed.

- Extracted from *Fourteen Lessons in Yogi Philosophy*,
by Yogi Ramacharaka, ©1903, Page 149

Our hands may also be used to Project a “Healing Vibration” or Subtle Energy to a Client.

... Then, after he has removed the cause of the evil, **HE PROCEEDS TO POUR IN GOOD STRONG HEALTHY MAGNETISM TO TAKE ITS PLACE ...**

- Extracted from *The Chakras*, by Charles W. Leadbeater,
©1927, Page 70, Emphasis by this Compiler

The next step is for the Practitioner to Increase the Flow the Energy where it is needed – to bring the Affected Area into a state of Improvement or Well-Being.

This can be done through Utilizing and Enhancing the Movement of the Energy Centers themselves – so that after Unwanted Energy is Removed - then Fresh Energy may be Projected. This Removal and Projection being Utilized is - in complete Harmony with the Natural Motion of the Energy Centers.

(Instructor, show the proper Hand Position - with one Hand Receiving the Energy - and with the eother Hand giving the Energy – moving the Hand slowly in Clockwise Motion.)

These important techniques also have the added effect of more Rapidly Increasing the State of Well-Being within the Client.

... **IN A CLOCKWISE DIRECTION DRAWS THE TONES (ENERGY) INTO THE BODY.** The counterclockwise direction helps to draw out negativity.

- Extracted from *Sacred Sounds: Magic & Healing through Words & Music*, by Ted Andrews, ©1992, Page 158, Emphasis by this Compiler

It is this Clockwise Motion of the Energy Center – that facilitates the Absorbing of Projected Energy into an Energy Center because – the Energy itself – which emanates from using the Hand-Rotary Projection Technique - is **SENDING ENERGY INTO** the Normal Movement of the Energy Center. This assists the

Energy Center to Receive the needed Energy and to more easily Absorb the Projected Energy.

... Imagine the Energy swirling and glowing throughout the Chakra. You have just removed the clutter. **ALWAYS FILL UP A SPACE WHICH YOU HAVE CLEANED OUT BY ADDING CLEAN ENERGY.**

- Extracted from *The Psychic Healing Book*, by Amy Wallace, ©1978, Page 122, Emphasis by this Compiler

Practitioners may more strongly Project Energy to a Chakra or a Body Part through using the Rotation Motion of the Hand - in a Clockwise Direction. They should

note that the Hand-Rotary Technique not only strongly affects Energy Centers but may also be used to Project Energies to a Body Part or Specific Area of the Body.

A CLOCKWISE SPIN DRAWS ENERGY FROM THE UNIVERSAL ENERGY FIELD INTO THE CHAKRA ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 71, Emphasis by this Compiler

Practitioners should remember when Projecting Energy - that the direction for the Hand-Rotary Projection Technique - **IS ALWAYS DIRECTED TO YOUR RIGHT.**

The Hand Chakras are the Chakras brought into play whenever... Healers **USE THEIR HANDS BOTH TO RECEIVE AND TO COMMUNICATE** Healing Information and Energy.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 31, Emphasis by this Compiler

When Projecting Energy - Practitioners should remember NOT to stand directly in front of the Client. Instead they should stand to the side. Why?

Standing to the side – will Reduce the exchange of Energy with the Client – and Reduce Contamination to the Practitioner.

When you want to Project Energy to an Area – Project the Energy - deeply inside using your Fingers.

(Instructor's Note: Please see Quotation re the Digital Presentation Technique – as discussed by Yogi Ramachakara, on Page 39)

The whole palm is usually more effective when Projecting Energy to an area closer to the surface of the body.

- Extracted from the Notes of Charlotte Anderson

FLICKING OR CLEANSING THE HANDS

EVERY ONCE IN A WHILE RAISE THE HANDS AND “FLICK” THE FINGERS as if you were throwing off the diseased condition. It is well to do this occasionally and also to wash the hands after treatment, as otherwise you may take on a trace of the diseased condition of the patient.

*- Extracted from The Science of Psychic Healing,
by Yogi Ramacharaka, ©1906, Page 78*

Between sets of Cleansing please remember to “Flick” or to periodically Wash or Spray your hands.

IT IS VERY IMPORTANT TO FLICK YOUR HANDS at the end of each pass, like shaking off water from the ends of your fingers.

*- Extracted from Prana, The Secret of Yogic Healing,
Atreya, Samuel Weiser, Inc, ©1996, Page 26*

Thoroughly Clean the hands during and after a treatment. After removing dirty or diseased Energies it is advisable to Clean your hands with alcohol, inexpensive vodka or water and soft salt. These have sufficient Cleansing effect.

This Practice also safeguards the Practitioner from becoming contaminated by transferring dirty or diseased Energy back to the Client. It also prevents it from remaining in the environment of the treatment room.

It is also necessary to shake or flick your hand during the Projection of Energy.

... it is necessary for his comfort and well-being that he should dispose of diseased matter before it obtains a permanent lodgment in his body. He should therefore adopt some definite plan to get rid of it and the simplest is just to throw it away, to shake it from the hands...he should not neglect these precautions, and he should

not forget to wash his hands carefully after curing ...

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 70

Over many years of observation of Practitioners from all over the world – this compiler has noticed that frequently they do NOT Adequately remove Contamination after performing a Treatment. Observations has demonstrated that this can create serious problems over a period of time.

Practitioners should become aware of the Signs of Contamination.

Pain in the Fingers, pain in the Joints, Pain or Discomfort in the Arm – that is predominately used in performing Cleansing, Shoulder pain in the same side of the body, neck pain (that the Practitioner did not formerly experience), tiredness of the body, thinking about Clients repeatedly (instead of cutting and releasing the Energy Connections), Pain in the knees (usually caused by not properly throwing the Energy INTO the basin – and instead allowing Unwanted Energies to remain on the floor), Pain in the feet, difficulty in walking properly (due to the foregoing), Using a Crystal that is too small, Improper holding of the Crystal as a Treatment Instrument ... and a multitude of other symptoms.

These Signs of Contamination should not be ignored ... and Practitioners should strive to Thoroughly De-Contaminate themselves at the End of each day of Treatments. Not to do so is irresponsible – as decontaminating oneself is an important part of being a Professional Practitioner.

MATCHING THE QUALITIES OF SUBTLE ENERGIES

When you smoke, your hands are slightly grey, this may transfer Unwanted, Dirty Energy to the Client. If your Partner is a Non-smoker do not energize your Partner.

Consider the Energy of a pure vegetarian versus that of a meat eater ...

A smoker versus a non-smoker ...

Or if a person is simply be very sensitive ...

In general it is better when the quality of your Energy matches to the person you are Treating.

The Quality of the Practitioner should be more Subtle than that of the Client.

- *Extracted from the Notes of Charlotte Anderson*

It is widely recognized that Meditators usually abstain from the use of addictive and hallucinogenic drugs and from addictive Practices (smoking, gambling, overeating...)

According to this compiler's Life Partner, if a Practitioner smokes and the Client does not smoke - the Transference of Energy from a coarser source to one of a more subtle state - may create a mismatch in the Energy.

This mismatch in Energies may provoke a reaction of rejection or discomfort within a Client who possess Coarser Energy. The same phenomena has been observed in Practitioners – in reverse - when they are Practicing on each other – if their Energies are mismatched.

Therefore it is recommended that smokers or meat-eaters Practice on other smokers or other meat-eaters.

People with a more Subtle Energy Body or individuals who do regular Meditation or who are vegetarians – should Practice on Clients who also exhibit similar qualities.

The Hermetic Axiom “Like attracts Like” applies here and observing these Energy Factors - will Accelerate or Reduce your ability to bring about the desired result.

The Energy Body of a Practitioner can become increasingly Subtle - through following a strict vegetarian diet and through adhering to a Regular Schedule of Spiritual Practice.

- Extracted from the Notes of Charlotte Anderson

EXPERIMENT ON PROJECTING ENERGY TO YOUR PALM ENERGY CENTER

When Practicing – establish a Habit of Removing your wristwatch.

The Life Partner of this compiler did this nearly every time He would give a Treatment. He is a good example to follow.

Now, Exercise the hands to Increase their Responsiveness – which in the case of Professional Practitioners – will also release any old residual Energies remaining in their Energy Channels.

Tell the Client to, “Close your eyes. Be conductive and sit with your feet flat on the floor.”

1. Now, Invoke:

*To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank you for Your Divine Guidance, Divine Help and Protection
Thank you for Miraculous Healing Power,
Thank you for Making this soul Your Healing Instrument ...
With Thanks and in Full Faith. Thank You."*

2. Complete the Energy Circuit.
3. Do Yogic Breathing.

Practice Projecting Energy. When a Practitioner Projects while simultaneously Practicing Simple Breathing - they may create a stronger Energy Field. Simply by doing 10–20 Breathing Cycles you may give the Client a lot of Energy.

- Extracted from the Notes of Charlotte Anderson

4. Feel the Energy of the Palm Energy Center of your left hand.
5. Now use a gentle Rotary Motion, Project Energy from two fingers of the right hand into the Palm Energy Center of the left hand.
Move the hand slowly – Using the Hand-Rotary Projections Technique.
6. Inhale and Exhale 7 times while Projecting the Energy.
7. Can you Feel something?
(Get Feedback)
8. Now Feel and Scan the Energy of your left palm, then- Feel and Scan the Energy of your right palm.
Is there a difference?
9. Now Cleanse the Energy of your left palm and continue until the Excess Energy has been completely removed.
Sweep the entire arm - as well as the hand.
10. Now, recheck the Energy of the left hand and of the right hand.
11. Has the Energy normalized?
(Get Feedback)

PRACTICE ON CLEANSING AND PROJECTING WITH THE HAND-ROTARY CLEANSING TECHNIQUE

When a Practitioner is doing Cleansing or Sweeping they should relax their body and even bend their knees slightly, to remain relaxed and comfortable.

A Practitioner should always assume a relaxed body posture that permits the Practitioner to avoid physical tension while Treating.

The sequence should be

- pull,

- throw
- Spray your hands.

- Extracted from the Notes of Charlotte Anderson

1. Please take a Partner a Basin of Saltwater and a Spray.
2. One Person be the Practitioner, one be the Client.
Practitioner stand up, Client sit down.
3. Practitioner, face the correct direction (*North or East*). North is strengthening your body - while East brings down more Spiritual Energy.

(Wait)

4. Remove your watch.
5. Exercise the hands – to Increase their Responsiveness.
6. Smile.
7. Tell the Client to, “Close your eyes. Be conductive and sit with your feet flat on the floor.”
8. Now, Invoke:

*To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Divine Help and Protection
Thank you for Miraculous Healing Power,
Thank you for Making this soul Your Healing Instrument ...
With Thanks and in Full Faith. Thank You.”*

9. Complete the Energy Circuit.
10. Imagine a pink rose opening up in front of the heart of the Client.
Remember, no matter how powerful the Practitioner is, if the Client does not absorb the Energy it will interfere with the Treatment Procedure

*- Extracted from The Manual on PEH Level I,
Compiled by Charlotte Anderson, ©2011, Page 38*

11. Now, Isolate the Client from your Energy Information Field.
Feel the Energy from the side to determine the Level of the degree of the Energy of a Client.
Feel the Energy moving the hand toward the Client to Feel the strength of the Energy.

12. Start with the Basic Energy Center.

(Wait)

13. Apply Cleansing on the Basic Energy Center.
14. Use the Hand-Rotary Cleansing Technique
15. Remove the Unwanted Energies 5 to 7 times or more – Throwing up to 25 or 30 times or more.

16. Spray your hands.
17. Project Energy to the Basic Energy Center.
18. Be aware of the Receiving Hand, be aware of the giving hand.

**HEALERS USE THEIR HAND BOTH TO RECEIVE AND TO COMMUNICATE
HEALING INFORMATION AND ENERGY ...**

-Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 31, Emphasis by the Compiler

19. Slowly, move your hand to the right – using the Hand-Rotary Projecting Technique.
20. Inhale slowly, Hold, Exhale slowly, Hold, Inhale slowly, Hold, Exhale slowly, Hold. Go ahead.
21. Look at the Client while you are treating, relax, do not be tense, Smile.
22. “Flick” your hand, then Spray your hands.
23. Again raise the hand.
 Feel the Energy of the Basic Energy Center frontally and from the side.
24. Do you Feel a difference?
25. Imagine Pale Blue Energy. Paint 1, 2, 3 Throw
26. Now Give Thanks,

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Divine Help and Protection
and for Healing this Client.
With Thanks, and in Full Faith. Thank You.*

27. Release the Energy Link.
28. Is everyone okay?
29. Please exchange Feedback.
(Wait)
30. Change Roles.

(Instructors Note: Repeat this Procedure ... Get Feedback)

REMEMBER, ALWAYS PROJECT THE ENERGY VERY GENTLY!

THE HEART CHAKRA IS THE MOST IMPORTANT CHAKRA used IN THE HEALING PROCESS ... all energies travel into the Heart Chakra before moving out of the

hands ...

- Extracted from *Hands of Light*, by
Barbara Ann Brennan, ©1987, Page 76,
Emphasis by this Compiler

In order to increase the rate of Recovery ... Project Love, Project Loving
Kindness. Treatments should be performed with gentleness. Remember to touch

your Heart with the pads of your fingers.

Before a Treatment silently think and say, “Love, Peace, Warmness, Sweetness,
Tenderness, Happiness...”

Treatments can be accelerated when the Practitioners increases their Heart Energy
when Projecting Energy.

This will give the Energy a nourishing emotional effect and will the receptivity of
the Client.

Simply touch the Heart with the pads of the fingers.

Then Project the Energy.

- *Extracted from the Notes of Charlotte Anderson*

L13 – Lesson 13	GENERAL CLEANSING USING COLORED ENERGY
Organizational:	Approximately 40 min
Power Point	
Book Reference*	<i>The Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978 <i>Fourteen Lessons in Yogi Philosophy</i> , by Yogi Ramacharaka, ©1904 <i>The Science of Psychic Healing</i> , by Yogi Ramacharaka, ©1906 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>Vibrational Energy Healing</i> , by William R. Ellis, ©2008
Internet	www.pranichealing.org
Other	<i>The Manual on PEH Level I</i> , Compiled by Charlotte Anderson ©2011

*these book references apply only to this Sequence that you are reading

GENERAL CLEANSING USING COLORED ENERGY

... Visualize a Clean, clear, Light Golden Energy flowing gently from your hands and washing over your friend's entire body. Smooth out his Aura by running your hands over its edges from head to feet.

- Extracted from *The Psychic Healing Book*, by Amy Wallace, © 1978, Page 47

In PEH Level II we discuss how to do General Cleansing using Colored Energies. General Cleansing of the body has been done in Europe and in India for hundreds of years or more.

One interesting way of Removing Energies is by "Sweeping" of the EIF by using small Pine Needle branches.

What actually happens is that when the small branches are swept across the persons

Body- the Energy radiating from the Pine Needles Cleanses the EIF of the Client.

- Extracted from *The Manual on PEH Level I*, Compiled by Charlotte Anderson, © 2011, Page 92

The General Cleansing as taught in PEH Level I occurs due to the Luminescent

Energy emanating from the Minor Energy Centers located at the tips of the fingers. The Energy extends for a distance of as much as 6-12 inches or approximately 15-30 cm.

Practitioners should remember when Cleansing the Unwanted Energies, they need to use their Long Energy Fingers.

Simply reach deep inside of the body or an Energy Center of the Client – so as to more deeply extracting the Dirty, Diseased, or Unwanted Energies.

In PEH Level II, the General Cleansing is done using same White Energy as in Level I, however after Creating a Tube of Luminescent White Energy - the Practitioner consciously adds Pale Green Energy - to the Outer Edge of the Tube. The effect is that when these Combined Pale Energies - come out of the Hands and the Fingers of the Practitioner – the Cleansing Procedure is Accelerated.

The Practitioner should first do Cleansing with a soft Curved Hand Position then open the fingers slightly in order to Comb the EIF with the Fingers. This will insure that the area is more deeply Cleansed.

Practitioners should remember when Projecting Energy - that the Minor Energy Centers at the end of the fingers extend their Energy - for a distance of as much as 6-12 inches (app. 15 – 30 cm).

It is these “Long Energy Fingers” that allow a Practitioner to reach inside of the more inaccessible areas of the body of the Client. This permits the Practitioner to more deeply extract Diseased or Unwanted Energies from the Client’s Energy System. The Long Energy Fingers may EASILY reach into the most inaccessible areas – and may reach the most Subtle Regions within a Client’s Energy System.

Let the Client sit in a chair, you standing before him ... Then raise them (your hands) to the Level of the patient’s head, and sweep them slowly toward his feet, with your palms toward him with fingers outstretched, as if you were pouring force from your fingertips upon him ... Then repeat several times.

In sweeping downward, do not stiffen the muscles, but allow the arms and hands to be loose and relaxed.

- Extracted from *Fourteen Lessons in Yogi Philosophy*,
by Ramacharaka, ©1904, Page 154

The Practitioner must always remember that the Hands are moving from the Center of the Client’s body outward - to the Outer Edge of their EIF - continuing slightly beyond - to the most Outer Edge of the Energy Information Field.

When the Practitioner reaches the end of the edge of the EIF then they will Feel a

difference in the Energy - they will know that a new Cleansing stroke should begin.

The following sequence of movement should be followed.

Pull and Throw

And then Spray your hands.

- *Extracted from the Notes of Charlotte Anderson*

At the end of this Procedure, the Etheric Rays of Light can be Cleansed by the Practitioner sweeping their hands to the sides of the Client's body - leaving their Fingers Open - in the Combing Finger Position.

I usually **COMB OUT THE LIGHT RAYS** of the celestial body. This motion is similar to running your fingers through hair as you pull it away from the head.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 228, Emphasis by this Compiler

While performing Cleansing using a Downward Motions - some Clients may become so relaxed that they become sleepy.

This is due to the down pouring of Spiritual Energy that occurs during the Treatment.

At the end of a Treatment, a Practitioner may apply a few "Upward Sweepings" to reawaken the Client or to make them more alert at the end of the Treatment.

The **DOWNWARD MOTION OF THE HANDS**, bring a restful Feeling to the patient, **WHILE AN UPWARD MOVEMENT ... CAUSES A FEELING OF WAKEFULNESS AND ACTIVITY.**

-Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 54, Emphasis by this Compiler

"Upward Sweeping" should only be done - after the Client has been thoroughly Cleansed of all Unwanted Energies.

Warning: Practitioners need to be aware that using the "Upward Sweeping Technique" – before performing the "Downward Sweeping Technique" - may result in the Diseased or Unwanted Energies - going to or getting stuck in the Client's head area. This may cause a Negative effect. Therefore Practitioners are

cautioned to use proper sequencing in the performing of these Techniques.

DISEASE NOT ONLY EXISTS IN PHYSICAL FORM - BUT ALSO IN ENERGY FORM.
DISEASE IN ENERGY FORM IS CALLED DISEASED ENERGY OR DISEASED BIO-PLASMIC MATTER.

- Extracted from *Vibrational Energy Healing*, by William R. Ellis, ©2008, Page 74

How many times should General Cleansing or Cleansing of an Individual Area - be applied?

The answer is - as many times as it is required. There is no fixed number of times. Why to do General Cleansing?

... (the Energy Information Field) **MAY BE THIN IN PLACES AND EVEN HAVE BREAKS OR HOLES IN IT.**

THESE NEED TO BE REPAIRED, AND THE WHOLE FORM NEEDS TO REGAIN THE SHAPE OF AN EGG WITH A NICE, FIRM SHELL.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 228

- It removes Unwanted or Diseased Energies and removes Excess Energy in general.
- It Cleanses the Meridians and Acupuncture points to a certain degree
- It enables the Health Energy Information Field to release more diseased Energy.
- It is very good for people who are unable to calm down - because the excess Energy is rapidly removed - thereby allowing the body to easily fall asleep.
- It can be used to facilitate the relaxation, distressing and reduce tension,

As a Practitioner become good at performing these Techniques, they will become faster and will go from one Procedure to another with great ease.

- Extracted from the Notes of Charlotte Anderson

Types of Energy Healing include ... **AURA CLEANSING, ENERGY FIELD CLEARING ...**

- Extracted from *How to Unbreak Your Health: Your Map to the World of Complementary and Alternative Therapies*, by Alan E. Smith, ©2007, Page 193

EXERCISE FOR GENERAL CLEANSING WITH COLORED ENERGY

Take a Partner.

Take a Basin with Water and Salt and a Spray.

Both, Practitioner and Client stand.

Complete the Energy Circuit.

Face your Partner – Smile.

Bend your knees.

Let's do General Cleansing

- Extracted from the Notes of Charlotte Anderson

1. Start with the Soft Curved Hand Position. The Hands are slightly curved.
2. Envision a Tube of Luminescent White Energy is coming out of your Palm Energy Center.
First, Project this Energy to the floor.
Focus on your Throat Energy Center – in order to Connect to the correct Colored Energy
Then Envision a Tube of Luminescent White Energy is coming out of your Palm Energy Center. Think of the Color - Pale Green. Add Pale Green Energy to the Outer Edge of the Tube.
3. Form a clear Intention to remove all Diseased or Unwanted Energy from the Client.
4. Place the Hands together over the Head of the Client
When doing General Cleansing - Hold your hands in a Horizontal Position.
First Feel the Energy – then Remove the Unwanted or Diseased Energies by Sweeping down, down down to the Feet

- Extracted from the Notes of Charlotte Anderson

DISEASE NOT ONLY EXISTS IN PHYSICAL FORM BUT ALSO IN ENERGY FORM.
DISEASE IN ENERGY FORM IS CALLED DISEASED ENERGY OR DISEASED BIO-PLASMIC MATTER.

-Extracted from *Vibrational Energy Healing*, by
William R. Ellis, ©2008, Page 74

5. Beginning at the top of the Head - in the Middle of the Body – the Practitioner should simply move their Hands down, down, down to the Feet of the Client.

... START FROM THE TOP OF THE HEAD AND WORK DOWN ...

... FLICKING OFF THE EXCESS ENERGY GATHERING ON YOUR HANDS OFTEN ...

- Extracted from *Spiritual Answers for Health and Happiness*, by Wendy Edwards, ©2010, Page 10

Feel for the Heavy Unwanted Energy – and Throw the Unwanted Energies into the Basin of Water and Salt. Flick your Hands.

Then Move your Hands approximately 10 cm apart - and begin this Procedure a second time – moving your Hands down, down, down – each time - Throwing away the Unwanted Energies. – into the Water and Salt. Flick your Hands.

6. Repeat this Procedure from 5 to 7 times moving your Hands - outward 10 cm each time.
7. Please Spray your Hands
8. Now, Let's use the Comb Finger Position - with the Fingers are wide open.

WE CAN COMB ANOTHER PERSON'S AURA ... COMBING ENERGETICALLY IS BASED ON OUR INTENTION.

YOU MERELY IMAGINE THE LIGHT FLOWING OUT OF BOTH OF YOUR HANDS ... WITH THE INTENTION OF CLEARING DEBRIS ... YOU BEGIN TO COMB ...

- Extracted from *Spiritual Answers for Health and Happiness*, by Wendy Edwards, ©2010, Page 10

9. Envision a Tube of Luminescent White Energy is coming out of your Long Energy Fingers.

Project this Energy onto the floor.

Now focus on your Throat Energy Center.

Think of the Color - Pale Green.

10. Envision Tubes of Pale Green Energy coming out of your Finger Energy Centers. To Comb the Health Rays - in order to disentangle them – use the Comb Finger Position.

Do this with a Movement to the Side - with the Fingers spread - wide open - allowing your Long Energy Fingers to Extend into the physical body and EIF of the Client.

Beginning at the Top in the Middle of the Body – the Practitioner should simply move their Extended Fingers - Down, Down, Down to the Feet of the Client – in a Combing Motion – Combing the EIF. Now “Flick” your Hands.

11. Feel for Heavy Unwanted Energy – and Throw the Unwanted Energies into the Basin of Water and Salt

Then Move your Extended Energy Fingers - approximately 10 cm apart –

- and begin this Procedure a Second time – moving your Extended Fingers - Down, Down, Down – each time - Throwing away the Unwanted Energies. – into the Water and Salt. Then “Flick” your Hands.
12. Repeat this Procedure from 5 to 7 times moving your Extended Energy Finger - outward 10 cm each time.
 13. Thoroughly Comb:
the Head area, Throat area, Solar Plexus area, Pubic area, the Upper Part of the Legs, Lower Part of the Legs ... Down to the Feet.
 14. Spray your Hands thoroughly
 15. Now please repeat the Procedure on the Back of the body
 16. Release the Energy Connection
 17. Change Roles
 18. Exchange Feedback with your Partner.

(Wait)

Did you Cleanse your Hands Thoroughly.

When you are finished please Change Roles.

- *Extracted from the Notes of Charlotte Anderson*

REMEMBER, ALWAYS RELEASE THE ENERGY LINK

Sometimes when performing a Treatment - a Practitioner may Feel attraction to the Client.

Practitioners must realize that this desire is not really theirs but is the effect of their desire to Treat the Client - and of the Client's Receptivity and Gratitude toward the Client – being magnified by the Projected Energy and by the Loving effect of the down pouring of Divine Energy.

This is a potential problem.

A Practitioner must remember to “Cut” all Energy Links between the Practitioner and the client.

- *Extracted from the Notes of Charlotte Anderson*

Therefore the Practitioner must Cut (from the client).

It has also been noted that each time the Practitioner thinks about the client the symptoms may reoccur – because the Energy is pulled back to the Practitioner.

When the Practitioner Cuts from the Client it is also important to Cut from the Spleen, the Solar Plexus, the Sex Energy Center and all Subconscious Connections.

- *Extracted from The Manual on PEH Level I,
Compiled by Charlotte Anderson ©2011, Page 62*

THE PRACTICAL USE OF COLORED ENERGIES IN TREATMENTS

It is recommended a Practitioner Project the correct Color into the area being treated in order to loosen Old, Used-up, Diseased Energies. These may actually reduce the ability of the Energy Center to function at an optimum rate.

According to our observation, the importance of separating the method of Treatment – of Sensitive Areas from Non-Sensitive Areas - should be observed when using this method.

It was noticed by this compiler's Life Partner - that in some cases when Energy is Projected into an Energy Center - after a short time the dirty used up Energy becomes - "loosened" which makes it possible to more rapidly extract the old used up, diseased Energies.

It is these Unwanted Energies that reduce an Energy Centers ability to spin or move at an optimum rate. Certain Areas of the body are more Sensitive and should be treated with special care.

A Practitioner's hands are be used to Project a "Healing Vibration" or Energy to a Client – during a Treatment.

VISUALIZE COLORED ENERGY (AND COLOR VISUALIZATION VARIES WITH THE STRENGTH OF THE ENERGY TRANSMITTED).

- Extracted from *Psychic Healing*, by Amy Wallace and Bill Henkin, ©1978, Page 46, Emphasis by the Compiler

When a condition is very deep seated, of long standing or more difficult to Treat - the Application of Colored Energies - enables a Practitioner to more rapidly remove the Unwanted, Dirty or Imbalanced Energies - that are the Root Causes of the condition.

Fill the Center with Clean Energy, and imagine it swirling and glowing throughout the Chakra. You have just removed the clutter ... fill up a space which you have cleaned out by adding clean Energy.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 122

When performing Cleansing, Pale Green Energy is strongly recommended - and it may be used on any Area of the entire body.

USE CARE WHEN PROJECTING COLOR ENERGY!

Certain Energies should not be used simultaneously. The use of Luminescent White Energy together with Colored Energies is generally safe.

If Practitioner does not know what Color to use they should immediately use Luminescent White Energy. The use of Luminescent White Energy together with Colored Energies is generally safe.

The Projection of strong Colors - such as Red or Orange Energies can actually cause a weakening effect – particularly to a Client who is already be in an unstable condition. Worse, Incorrect Projection of Energy may even aggravate the Patient's condition.

Certain Areas of the body and certain organs are considered to be more Fragile or Sensitive then other Areas.

It is recommended that Projecting strong Colors to the head including the eyes, the heart and the spleen should be avoided.

In the case of severe abdominal pain, if Cleansing alone is not rapidly effective, the Client should go immediately to the hospital or consult a medical doctor. It is recommended that Projecting strong Colors should never be used during pregnancy or in cases of abdominal pain. It is always recommended that Projecting strong Colors to the head – including the Eyes, the Heart & the Spleen be completely avoided!

- Extracted from the Notes of Charlotte Anderson

PRACTICE PERFORMING GENERAL CLEANSING

Get a Partner

1. One be the Practitioner, one be the Client
2. Take a Basin with Water and Salt, and a Sprayer
3. Practitioner stand up, Client sit down
4. When doing a treatment, remove your watch
Exercise the hands to Increase the Responsiveness of the Hands
5. Smile
6. Isolate the Client from your Energy Information Field
7. Face the correct direction (North or East)

8. Tell the Client to, “Close your eyes, please. Be conductive and sit with your feet flat on the floor”
9. Do Yogic Breathing
10. Now, Invoke,

*To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Divine Help and Protection
Thank you for Miraculous Healing Power,
Thank you for Making this soul Your Healing Instrument ...
With Thanks and in Full Faith. Thank You.*

11. Imagine a pink rose opening up in front of the Heart of the Client
12. Feel the Inner Energy Information Field on the Front and Back of the body
13. Let's Feel the size of the front Solar Plexus Energy Center
 - Form the Intention to Feel the size of the front Solar Plexus Energy Center
 - Slowly move the hand towards the Center
 - Feel this Center
 - Now Feel the front Solar Plexus from the other side
 - Then Feel the size of the Back Solar Plexus Energy Center

(Wait)

14. Now, Separate the Energy Center into Individual Areas
15. Then reach deeply into the middle of the Energy Center with your Long Energy Fingers. Assess the root of the Energy Center very carefully
16. Form the Intention to Feel the quality of the Solar Plexus Energy Center
17. Feel each Individual Area - with the tip of your Long Energy Fingers - and determine the quality of each of the Areas. Can you Feel something?
18. Now, Feel the quality of the back Solar Plexus Energy Center

(Wait)

19. Now, Let's Practice General Cleansing
 - Use Pale Green Energy. This has a Cleansing property
 - First Project the Energy to the floor
 - Be aware of your Throat Energy Center
 - Envision a tube of Luminescent White Energy coming out of your Palm Energy Center, add Pale Green Energy.
 - Now, Project Pale Green Energy into the front Solar Plexus Energy Center
 - Visualize this Energy spreading throughout the whole body
20. Then Project Pale Green Energy into the back Solar Plexus Energy Center visualizing this Energy spreading throughout the whole body
21. Apply General Cleansing on the front and back of the body without Colored Energy
22. Then, Spray your hands

(Wait)

23. Now, Let's Practice the Cleansing of a Non-Sensitive Area
 - Let's Practice on the knee

First Project the Energy to the floor

Be aware of your Throat Energy Center

Envision a tube of Luminescent White Energy coming out of your Palm, add Pale Green This time, Project the Pale Green Energy to the knee with your Hand - performing the Hand Rotary Projection Technique – moving your hand to the Right.

Repeat Projection with Pale Orange Energy from your Basic Energy Center

(Wait)

24. Now, Cleanse with the Hand Rotatory Cleansing Technique – moving the Hands to the Left - to Remove the Unwanted Energies 5 to 5 times –Throw up to 25 or 30 times or more. Spray your hands

25. Then Scan and Sweep, Scan and Sweep, Scan and Sweep – do not sweep without Feeling. Allow your Energy Fingers to reach deep inside of the area that you are treating ... Spray your hands

26. Now, Project White Energy

Smile, relax do not allow the body to become tense

Inhale and Exhale slowly and deeply

27. Imagine Pale Blue Energy. Paint 1, 2, 3 ... Throw

28. Now, Give Thanks

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Divine Help and Protection
and for Healing this Client.
With Thanks and in Full Faith. Thank You.*

29. Release the Energy Link completely. Cut! Cut! Cut!

30. Please change roles

31. When you are finished you may take a seat

- Extracted from the Notes of Charlotte Anderson

L14 – Lesson 14	REFINEMENTS IN APPLYING COLORED ENERGIES
Organizational:	Approximately 30 min
Power Point	
Book Reference*	<i>Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978 <i>Principles of Light and Color</i> , by Edwin D. Babbitt, ©1878
Internet	www.pranichealing.org

*These book references apply only to this Sequence that you are reading

DISCUSSION ON THE APPLICATION OF COLORED ENERGY

The Projection of Colored Energies should be used so as to make the General Cleansing more thorough. When fresh Energy is Projected into an Energy Center – this Fresh Energy tends to cause the Dirty Energy to well up - and then it is easier to extract. This makes it possible to do a Treatment more rapidly.

According to Amy Wallace in her *Psychic Healing* book, she describes Colored Energy flowing from the hands and she states that Color Visualization varies with the strength of Energy a Practitioner can transmit. Furthermore she states that there are times that one should be “delicate” in the application of Colored Energy and times when the quality of Energy should be more Powerful.

Experience will show you that there are **TIMES YOU WANT TO BE DELICATE IN YOUR APPLICATION OF COLOR ENERGY, & OTHER TIMES YOU WANT TO BE POWERFUL OR EVEN HEAVY-HANDED.**

- - Extracted from *The Psychic Healing Book*, by Amy Wallace, ©1978, Page 46

Furthermore she states that there are times that one should be “delicate” in the application of Colored Energies & particularly at times when the Quality of Energy needs to be stronger or more powerful. Practitioners need to develop their ability to Feel the Qualities and Subtle Nuances of the Energies being Projected.

Developing Discernment in order to determine the Amount and Quality of Energies being generated by a Practitioner is very important.

Remember to always do an Invocation before a Treatment. Even during Treatment Invocation can be extremely important – because it enhances the ability of a

Practitioner to Project Energies properly.

Invocation also protects both the Practitioner and the Client – from Energies that might be too strong - thereby inadvertently causing harm.
Always Invoke!

INCREASING THE SIZE OF AN ENERGY CENTER

The Yogi may **INCREASE THE CHAKRA** to the size of a solar system or **DECREASE IT TO THE DIMENSION** of an atom ...

- Extracted from *Liberation Through Yoga*,
by Caio Miranda, ©2009, Page 206,
Emphasis by the Compiler

In Yoga, it is recognized that Energy Centers may be increased in size through Meditation, through the Chanting of Mantras or other special Techniques.

Practitioners also should recognize that when an Energy Center is sluggish or is not functioning properly, it is sometimes necessary to Cleanse or Remove Excess Energy and then Project the Right Quantity and Quality of Energy into the Energy Center.

Harmonizing the Energy Centers – through Increasing or Decreasing their size and/or their ability to contain the right amount of Energy – allows the Center to normalize more rapidly if the Client's condition is severe or chronic.

Practitioners should Re-Check the Size of a Treated Energy Center because sometimes it is still necessary to Increase the Size of the Energy Center - even after treating it.

Practitioners should recognize that sometimes Energy Centers are **DECREASED IN SIZE** – or have become weakened for a long period of time (due to an illness, an injury or for other reasons). The Energy Center is then considered to have insufficient Energy to function correctly - & **INCREASING** or **NORMALIZING** it is necessary.

Thorough Cleansing needs to be undertaken – before Fresh Energy is Projected -- so as to properly normalize the Energy Center.

I generally come upon **CONGESTION, OR DEPLETION**, in the energy fields. I mean, **some chakras are UNDER-ACTIVATED, and some are OVER-ACTIVATED.**

Some chakras are **SHRUNKEN OR CAVED IN.**

- Extracted from *New Age Thinking: A Psychoanalytic Critique*, by Mel D. Faber, ©1996, Page 291, Emphasis by the Compiler

This can easily be accomplished through Projecting Pale Red Energy to the lower Energy Centers or when an Energy Center is weak a Practitioner may also Increase its size and strength – through Projecting of Pale Violet Energy - on more Sensitive Energy Centers.

In general Pale Violet Energy may be used on the entire body – but we use it predominantly for those Areas - which are more Sensitive.

Practitioners should Project Pale Red Energy on the lower Energy Centers – however they should bear in mind – that Red should not be used if STD's, Cancer or some other conditions are present – as this Quality of Energy may tend to activate these conditions.

These Energies usually Harmonize or assist in Balancing the Centers being treated.

- *Modified & Extracted from the Notes of Charlotte Anderson*

DECREASING THE SIZE OF AN ENERGY CENTER

Normalizing the Chakra in this way also produces a positive effect on the color resonance and helps to normalize the frequency and range of the overall color arrangements of the subtle anatomy.

- Extracted from *The Holistic Way: Self-Healing With the Nadi Technique*, by Billy Roberts, ©2013, Page 115

When **DECREASING THE SIZE** of an Energy Center is necessary
Project Pale Blue Energy to the Center.

Pale Blue Energy may also be used on various Areas of the body to Contain the Projected Energies as well as to reduce inflammations and for other purposes.

In case of Hypertension - the Meng Mein and Solar Plexus Energy Centers usually need to be Decreased so as to normalize this condition.

INSTRUCTING THE ENERGY CENTERS

... sweep over the front ... **INSTRUCT YOUR CHAKRAS** to close ...

- Extracted from *Debt-free for Life. Prosperity for the Rest of Us*, by Steven Erlick, ©2005, Page 58, Emphasis by the Compiler

A Practitioner may Mentally “Instruct” the Energy Center – either to become “Smaller” – so as to reduce the Center to its “Normal Size” – or “Instruct” it to become Larger – so as to bring the Energy Center into a Normal State – or “Instruct” the Energy Center to Speed up or Slow down or Contain Energies that have been Projected to facilitate the process of Normalization.

This kind of Instruction may be done due to Energy Centers - containing Beings of “Consciousness” – or Intelligence – who can easily receive such Instructions.

When a Client is in a serious condition or has an ailment that makes their consumption of Energy very rapid – the Energy Center’s size often becomes unstable – and may fluctuate in size.

CONTAINING OR LIMITING PROJECTED ENERGIES

1. LIMITING ENERGY OF AN AREA TO CONTAIN THE SPREAD OF A DISEASE

a. Projecting Pale Blue Energy may be done for the purpose of Limiting the Spread of an Unwanted or Diseased Energy – to other parts of the body. For example this is particularly important when Treating a virulent Disease such as Cancer – which has a tendency to Spread.

b. In this case, the Energy need to be Projected to the Diseased Area and Adjacent Energy Center or Centers - **BEFORE** performing the Treatment. This is because sometimes during a Treatment – if the Energy is not Contained - the discomfort will move from one place to another place in the body.

- *Modified & Extracted from the Notes of Charlotte Anderson*

2. RESTRICTING THE SPREADING OF PROJECTED ENERGIES – SO THAT THE ENERGY WILL STAY IN ONE PLACE

a.. For a Client to be able to receive the full benefit of a Projected Energy - throughout their Energy Systems – sometimes it is necessary to “Contain” a Projected Colored Energy – so that the Spread of the Energy - is restricted to or will remain in - the Area where it has been Projected .

Generally when the discomfort of the Client moves to a new location - it is an indication that the Dirty Unwanted Energy itself - has moved to a new location or it may indicate that previously – the Client did not notice the Unwanted Energies in an Area – but when the discomfort is moved out of one area – then they become aware that another Area is compromised and also requires Treatment. Actually this is quite common!

b. In this case, the Energy needs to be Projected **AFTER** the Area or Energy Center has been Treated – so as to Prepare the Area Cleansed to Receive and Hold the Projected Energy – and finally - to Restrict the Movement of the Projected Energy. Client's body. The Practitioner then needs to Confine the Movement of the Energy – & continue the Treatment.

The affect of “Containing” - the Unwanted Energies from moving to another area will permit the Practitioner to perform Treatments much faster.

- *Modified & Extracted from the Notes of Charlotte Anderson*

3. TO RESTRICT THE “LEAKING OUT” OF A PROJECTED ENERGY

a. After Removing the Unwanted, Dirty, Used-up Energy and after the Transference of Fresh Colored Energies into an Energy Center or Area of the body ... The Practitioner needs to Contain the Energy Projected – so as to Prevent the Energy from Leaking out of the Projected Area, Energy Center or into the Energy Information Field or from where the Energy was Directed.

b In this case, a Practitioner should Project a small amount of Pale Blue Energy to the Treated Area or Energy Center
After the Energy is Contained or Limited – then the Practitioner may continue the Treatment.

- *Modified & Extracted from the Notes of Charlotte Anderson*

... has been **SECURED BY THE USE OF SOME BLUE** ...

- Extracted from *Filters for the Reproduction of Sunlight and Daylight and the Determination*, by Raymond Davis, Kasson Stanford Gibson, ©1931, Page 14, Emphasis by the Compiler

4. ADDITIONAL CONCEPTS REGARDING LIMITING OR CONTAINING THE SPREAD OF ENERGIES

a. Some Colored Energies need to be Projected specifically - to certain Areas or

Parts of the body or Energy Centers – but some Colors need to be Restricted from other Areas or other Energy Centers.

For example, a Practitioner may need to Project Pale Orange Energy to the

Shoulder or Arm – but would like to avoid this Quality of Energy from spreading to the Client's head area.

Or another example would be when Treating a Wound in the Head Area – Cleansing should not be done with Pale Orange Energy – but should be done with Pale Green Energy or Pale Violet Energy.

Therefore Limiting of the Projection of Energy in this case – means that the Brain may be Treated safely without the addition of too much Energy.

b. After removal of the Unwanted, Diseased or Dirty Energies - the Practitioner should “Mentally” instruct the Projected Energy to Remain where it has been Projected - or Instruct the Energy to “Stay Put” or “Do Not Move”!

This Technique is the same as the one used to Contain Energies.

After Removing the Unwanted, Dirty, Used-up Energies, and Projecting Colored Energies - a Practitioner then Projects a small amount of Pale Blue Energy to the Treated Area. Then mentally the Practitioner should remember to Instruct this Projected Energy to “**FREEZE**” – and Say, “**DO NOT MOVE**”!

c. Many Techniques for Restricting or Containing Energies - may be used both before Cleansing - and/or when Projecting Energy.

d. It is recommended Limiting or Containing Techniques be used when,

- Dealing with Congestion in the Solar Plexus
- Treating Cysts, Myoma and Cancer
- And in many other instances

- *Modified & Extracted from the Notes of Charlotte Anderson*

DISCUSSION ON SENSITIVE AREAS & DARKER COLORED ENERGIES

Certain Areas of the body & certain organs are considered to be more Fragile or Sensitive than other Areas.

It is recommended that Projecting strong Energies to the Head – including the Eyes, the Brain and the Energy Centers of the Head **BE COMPLETELY AVOIDED**.

These guidelines should also be followed when Projecting Energies to the Heart & the Spleen - which likewise should be **COMPLETELY AVOIDED**.

In Non–Sensitive Areas, when an Energy Center or an Individual Area - feels stiff you may Project Pale Green Energy and/or Pale Orange Energy - before you start Cleansing that Area to produce a faster result.

For a deeper Cleansing effect on Non-Sensitive Areas or Energy Centers, Pale Orange Energy may also be used. However this Quality of Energy must not be Projected toward Sensitive Areas – like the head.

If the area is extremely Dirty or is filled with Heavy Diseased Unwanted Energy – Mid-Colored Energies may be used. These should only be used by already Proficient Practitioners – who have conquered the ability to Discern Fine Nuances of Colored Energies. Projecting Mid to Darker Colored Energies – may be used - to more rapidly extract certain stubborn Qualities of Dirty Unwanted Energies.

Instructor's Note: Dr. Master George Dangel uses Dark Blue, Dark Green, Dark Orange, Dark Violet as well as Royal Blue in specified cases.

His Notations and Instructions regarding these Colored Energies, are contained in his book, "The Magic of Pranic Healing", ©2003-2013, 6th Edition.

Dr. Master George Dangel has written over 25 books on various topics. These books are available from: contact@masterpranichealer.com

Practitioners should remember that - Strong Colors should never be used during pregnancy nor in cases of abdominal pain.

If after Cleansing for a very short time – relief is not produced or in the case of severe abdominal pain - it is the responsibility of the Practitioner to guide the Client to go immediately to a hospital - *without delay*.

- *Modified & Extracted from the Notes of Charlotte Anderson*

The Life Partner of this compiler – was heard to advise students not to use the

following Colored Energy Combinations:

- No Violet Energy together with Red or Orange
- No Brilliant Electric Violet Energy combined with any other Color

And he also warned this compiler against using the following Colored Energies under the following specific circumstances:

- Do not use Pale Orange Color on pregnant woman.
- For Infants and young Children as well as for older people, use White Energy only.
- In general notice to avoid Projecting both, Red and Yellow Energy to the human body - at the same time - as this may cause unregulated rapid Cell Growth (*although sometimes this Colored Energy Combination is used in Agriculture*).

Children become exceedingly nervous from the bright sunlight, containing an excess of Red and Yellow rays.

One great reason why Yellow rules in the most violent of poisons...is because of the prominence of the Yellow principle as a stimulus of the nerves combined with

the Red principle as a stimulus of the blood ...

- Extracted from *Principles of Light and Color*, by Edwin D. Babbitt, © 1878, Page 296

If a Practitioner cannot remember which Colored Energy to use - they are advised to use Luminescent White Energy – which is generally very safe.

- Extracted from the Notes of Charlotte Anderson

L15 – LESSON 15	PEH LEVEL II - FOUNDATION PROTOCOL FOR ENERGY TREATMENTS
Organizational:	Approximately 35 min
Power Point:	

This Foundation Protocol Technique is the Foundation for all Pranic Energy Healing Treatments - on the more Advanced Levels.

One of the factors observed by this Compiler - that tends to make certain Practitioners extremely successful when performing Treatments – is due to their Systematic and Comprehensive Application of Techniques.

They never miss a step!

It is hoped that this Protocol will assist Practitioners to Standardize the important Preliminary Steps for Advanced PEH Treatments – making them Easier to remember.

We hope that this systematic approach will allow Practitioners to achieve more predictable and rapid Results.

THE FOUNDATION PROTOCOL FOR ENERGY TREATMENTS IN PRANIC ENERGY HEALING LEVEL II

To receive the desired Outcome ... follow this simple approach.

1. When doing a Treatment, remove your Watch
2. Exercise the hands to Increase their Responsiveness
3. SMILE
4. Isolate the Client from your Energy Information Field
5. Face the Correct Direction (*North or East*).
6. Tell the Client to,

*Close your eyes
Be Conductive & Sit with your feet flat on the floor
Complete the Energy Circuit*

7. Practitioner, Complete the Energy Circuit
8. Invoke for Divine Blessings,

*To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help & Protection
& for Miraculous Healing Power.
With Thanks & in Full Faith. Thank You.*

1. Touch your Heart Energy Center with the Pads of your fingers
2. Thoroughly Assess the Energy Centers
3. Do General Cleansing use Pale Green Energy
Then Do General Cleansing use Pale Violet Energy
4. Check the First of the Energy Centers, Organs or Areas of the Body - which need Treatment
Assess the Individual Areas of this Energy Center
5. Cleanse the Energy Center, the Organ or the Area of the Body use the Hand-Rotary Cleansing Technique
Envision a Tube of Pale Green Energy coming out of your hand
Remove the Unwanted Energy – 5-7 Times – Throw, up to 25-30 Repetitions or more.
Envision a Tube of Pale Violet Energy coming out of your hand.
Remove the Unwanted Energy – 5-7 times – Throw.

If a Practitioner treats an Area that is Not Sensitive, then they may use Pale Orange Energy instead of Pale Violet Energy. If the Clients is weak or elderly or in the Case of small Children Luminous White Energy or Pale Violet Energy should be substituted.

6. When Projecting to an Energy Center, an Organ or an Area of the Body - Use the Hand-Rotary Projection Technique.
The Strength of Energy that may be Projected depends on the Condition of the Client.
7. Secure the Energy. Use Pale Blue Energy, 1, 2, 3 Throw.
8. Repeat Step 12 to 15 on each Energy Center, on each Organ, Area of the Body - which requires Treatment.
9. Give Thanks,

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help & Protection & for Healing this Client.
With Thanks & in Full Faith. Thank You.*

10. Disconnect the Energy Link Completely.
11. Practitioners may wash their Hands with Soft Salt and Water.
12. Change the Water and Salt before you start the next Treatment.

Note:

Practitioners of PEH Level III should begin by using the Level III Technique to Cleanse the Emotional Body.

This will assist the Rapid Harmonizing and Rebalancing of the Clients Emotional Well-Being. This will facilitate a Clients Physical Improvement very rapidly.

- Extracted & Modified from the Notes of Charlotte Anderson

L16 – Lesson 16	REGENERATION
Organizational:	Approximately 20 min
Power Point	
Book Reference*	<i>The Psychic Healing</i> , by Yogi Ramacharaka, ©1906 <i>The Principles of Light and Color</i> , by Edwin D. Babbitt, ©1878 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>Prana, The Secret of Yogic Healing</i> , Atreya, Samuel Weiser, Inc ©1996 <i>Advanced Pranic Healing</i> , by Master Choa Kok Sui, ©1992
Internet	www.pranichealing.org www.britannica.org

*These book references apply only to this Sequence that you are reading

REGENERATION

The terminology Pranic Energy was first written about by Yogi Ramacharaka in 1903. Early forms of what was called “Magnetism” are a form of Pranic Energy. According to Yogi Ramacharaka,

... Human “Magnetism” is a form of Pranic Energy.

-Extracted from *Fourteen Lessons in Yogi Philosophy*,
by Yogi Ramacharaka, ©1903, Page 117

... Prana is the universal Life Energy and is found in varying forms, in all things ... all forms of Energy are manifestation of Prana. Electricity is a form of Prana. So is the force of gravitation. Man extracts Prana from the air he breaths, the food he eats the fluid he drinks. If he is deficit in Prana he becomes weak as lacks vitality

...

When his supply on Prana is sufficiently high on his needs he becomes active, bright, energetic and “full of life”

There is a great difference in the amount of Prana absorbed and stored up by different people.

Some are surcharged with Prana and radiate like an electrical machine causing all others with whom they come in contact to feel increased health, strength, life and vigor.

-Extracted from *Fourteen Lessons in Yogi Philosophy*,
by Yogi Ramacharaka, ©1903, Page 118

Frequently when a client walks into the Treatment Room of the Practitioner –

they frequently feel much better.

But occasionally, a client will walk into a room and suddenly feel very weak.

According to Yogi Ramacharaka this happens because,

... when a person is so “deficient” in Prana when they come in company of other people who draw on the supply the magnetism of other people (or Energy) and others it causes the individual to feel uncomfortable or weak ... “Pranic Energy” is the most potent therapeutic force and in one form or another ...

- Extracted from *Fourteen Lesson in Yogi Philosophy*,
by Yogi Ramacharaka, ©1903, Page 118

In Regeneration it is noted that the physical body has an amazing ability to Recover or Regenerate itself...For example: From a mere 25% of its own tissue, the liver can Regenerate itself.

Organisms differ markedly in their ability to regenerate parts. Some grow a new structure on the stump of the old one. By such regeneration whole organisms may dramatically replace substantial portions of themselves when they have been Cut in two, or may grow organs or appendages that have been lost.

-Extracted from www.britannica.com about
Regeneration (biology) February 2011

The healing of wounds – the rush of the cells to the point where they are required, and many other instances familiar to physiologists are evidence of this cell life and mental action. The entire body is built up by these tiny cells...

The cells enable the body to carry on its work of continual regeneration.

- Extracted from *The Psychic Healing*, by Yogi
Ramacharaka, ©1906, Page 27-29

The Regeneration of tissues is a particular area of stimulating the body's ability to Recover by itself. It can be noted that regeneration of the legs or the liver as well as the ability of the eyes to spontaneously recover has been noted in the literature of various traditions. In some animals Regeneration of a Body Part has been noted to sometimes occur.

The stimulation Regeneration through the application of Subtle Energy is also possible and multiple examples exist.

A very powerful Mental Healer may be able to send a thought so highly charged with Prana, and so full of vital force and life, that a diseased organ may be filled

with such recuperative force that it will begin instantly to cast off the waste and diseased matter and draw from the blood the elements necessary to rebuild and repair itself in a comparatively short space of time, in which case when the organism of the individual once re-establishes normal functioning the system is able to carry on the work without further help from outside.

- Extracted from *Fourteen Lessons in Yogi Philosophy*,
by Yogi Ramacharaka, ©1903, Page 151

Once a Practitioner has learned to Project Colored Energy it becomes easy to learn various applications in order to regenerate tissues and even more tense areas of the body. *Regeneration is an extension brought about by the Application of simple Treatments - through the utilization of various Energies.*

For example it has been recorded through X-Ray-Films that in the case of some Practitioner's Clients - even after a tooth has been extracted - a new one has in some cases been Regenerated.

Utilization of Energy Techniques are very Powerful, so learning how to Project the Energies is extremely important. A variety of methods may be Practiced.

... the Yellow principle is a stimulus of the nerves ...

- Extracted from *The Principles of Light and Color*,
by Edwin D. Babbitt, ©1878, Page 297

Many years after the founding of Edwin D. Babbitt pioneered uses of Colored Energies – Maha Atma Choa Kok Sui also started to use Yellow Energy in combination with Pale Green Energy or Pale Violet Energy for Stimulus or Regeneration of Nerve cells or Brain Cells, whereas Pale Violet Energy may commonly be used for other serious conditions.

- *Extracted from the Notes of Charlotte Anderson*

Light Violet, Light Bluish-Violet, and Light Greenish-Violet Pranas have regenerating effects and can be used to heal damaged organs and nerves.

- Extracted from *Advanced Pranic Healing*,
by Master Choa Kok Sui, © 1992, Page 9

Most of the time, Treatments produces immediate relief.
But in the case of very severe ailments – it may take 6 month or 1 – 2 year to Recover. In such cases we recommend that you use the team approach.

You must repeat the treatment frequently so that the effect will become permanent.

The term “cure” simply means that symptoms do not reoccur.

- Extracted from the Notes of Charlotte Anderson

FOR REGENERATION COMBINED COLORS CAN BE USED

Combinations of Colored Energies have been used by multiple authors - for well over a Century – and have been noted to produce Excellent Results.

Instructor's Note: Likewise some Combinations of Colors are not recommended - please review Pages 98 and 104 – for clarification.

Ordinary Light Whitish Greenish-Violet Prana (about 70% White, 20% ordinary Violet and 10% Green) and Light Whitish Greenish-Yellow Prana (about 70% White, 15% Yellow and 15% Green Prana) are used in regenerating brain cells, nerve cells, and internal organs.

- Extracted from Advanced Pranic Healing, by Master Choa Kok Sui, ©1992, Page 88

A general threefold Division of the Secondary (*Color Combinations*) may be made as follows:

Red-Orange, Yellow-Orange, Yellow-Green, Blue-Green, Blue-Purple ...

- Extracted from The Principles of Light and Color, by Edwin D. Babbitt, ©1878, Page 3

In severe Ailments – for Recovery to take place a maximum of Receptivity of the Client is needed. Look that you make your Client receptive!

Healing starts with the firm decision to change whatever is necessary to regain health. If this decision is not made, then the root of the illness will remain untouched.

- Extracted from Prana, The Secret of Yogic Healing, Atreya, Samuel Weiser, Inc, ©1996, Page 101

Remember, charging Money helps during a Treatment Session.

This happens because Money is earned through your time and Energy.

Therefore the Client improves through Giving Energy.

- Extracted from the Notes of Charlotte Anderson

WHAT ARE THE REASONS ENERGY TREATMENTS ARE NOT ALWAYS SUCCESSFUL

Not everyone is going to get well! Why?

- Sometimes it is time for a person “to go” or to leave the physical body.
- There are Karmic Cases.

Is the person entitled to Recover or not?

There are many factors to be considered.

Every Condition may be Treated, but not every person can be Relieved of their Ailment or Condition.

- Extracted from the Notes of Charlotte Anderson

L17 – Lesson 17	USING AND DIRECTING DIVINE ENERGY
Organizational:	Approximately 1 Hour
Power Point	
Book Reference*	<i>The Science of Psychic Healing</i> , by Yogi Ramacharaka, ©1906 <i>Edgar Cayce on the Power of Color, Stones and Crystals</i> , by Dan Campbell, ©1989 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987
Internet	www.pranichealing.org www.britannica.org www.brightbill.net/metaphysical

*These book references apply only to this Sequence that you are reading

USING AND DIRECTING DIVINE ENERGY

MENTAL “HEALING” IS ANCIENT

In giving Mental Healing Treatments, **THE MIND OF THE HEALER MUST BE ABLE TO PICTURE THE DESIRED CONDITION IN THE PATIENT – THAT IS TO MENTALLY SEE THE PATIENT AS HEALED, AND THE PARTS, ORGANS AND CELLS FUNCTIONING NORMALLY ...** the Healer is able **TO MENTALLY VISUALIZE THE NORMAL CONDITIONS**, so will be the degree of success in Mental Healing.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 160

Treatments always involve Divine Intervention – according to the Karmic Entitlement of the Client. If the Client is entitled to Mercy and entitled to Recover – these outcomes will be received.

However if the Client is Karmically Entitled to suffer in some way – the Lords of Karma or Supreme God – will arrange that this period of Growth will be fulfilled.

What Practitioners need to grasp is that No One – may Harvest what they have not Planted! Some Clients may be successfully Treated, however others may never actually Recover.

It is the job of the Practitioner NOT to judge the condition of the Client’s Karmic Entitlement or the possible reasons they may be suffering. Nor should Practitioners become egotistically involved with the outcome of a Treatment,

Practitioners should simply “DO” what they are Trained to do – which is to provide as much Relief and Compassion as possible, to aid the Client’s passage through their period of suffering - with the greatest degree of support and loving kindness possible.

The job of a Practitioner is simply to do Treatments to the best of their Ability – and to always Invoke for Divine Guidance, Help, Protection and Mercy – for all who come to them for assistance.

BOTH, THE HEALER AND THE PATIENT SHOULD BE IN THE PROPER STATE OF MIND DURING SPIRITUAL TREATMENT, for in this WAY THE MINDS OF BOTH ARE RENDERED PROPER INSTRUMENTS OR CHANNELS FOR INFLOW OF SPIRIT.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 182

The patient is bathed in a flow of Spirit, and every cell-mind recognizes its presence and is stimulated thereby.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 183

SPIRITUAL OR DIVINE HEALING

Spiritual Healing has been done for Centuries in various Traditions.
Spiritual Healing was first discussed by Yogi Ramacharaka in 1903-1909

According to Yogi Ramacharaka:

Spiritual Healing is marked by the immediate and perfect Healing of the patient, and the restoration of absolutely normal physical conditions, the patient being transformed, physically, into a condition resembling that of a robust, perfectly healthy, strong, vigorous child, without a blemish, pain, particle of in harmony, or symptom of any kind.

-Extracted from *Fourteen Lessons in Yogi Philosophy*, by Yogi Ramacharaka, ©1903, Page 152

Later “Spiritual Healing” was referred to as “Divine Healing” by many other authors.

DIVINE HEALING IS A SPIRITUAL HEALING TECHNIQUE AND ENERGY THERAPY THAT CONNECTS YOU TO YOUR DIVINE ESSENCE. It can feel amazing,

whilst raising your vibration and bringing new solutions to old problems ... *(and it may shift)* what seemed like impossible mountains into more manageable molehills.

- Modified & Extracted from <http://www.alanfairchild.com/healing/divine-healing/> on Dec 02-2012

Divine Healing occurs when a Client receives Energy as the result of a Practitioner's Intention expressed through Praying - while Focusing their attention on their Crown Energy Center. This simple Technique allows the Energy to flow through the Projecting Hand of the Practitioner to a Client, Object, Place or Situation.

True Spiritual Healing is not “done” by anyone. In such cases the **HEALER BECOMES AN INSTRUMENT OR CHANNEL THROUGH WHICH FLOWS THE SPIRITUAL HEALING FORCE** of the Universe.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 174

When doing Spiritual or “Divine” Healing it is advisable to mentally repeat the name of the Client regularly.

This creates a “Link” between the Practitioner and the Client – which more rapidly allows the Divine Energy to be Transferred to the Client.

It is through this force that healing comes to us from the Divine – the source of Universal supply. It is also through these forces that we may **CHANNEL HEALING VIBRATIONS TO OTHERS.**

- Extracted from *Edgar Cayce on the Power of Color, Stones and Crystals*, by Dan Campbell, ©1989, Page 84

USING THE HIGHER ENERGY CENTERS (OR SPIRITUAL CENTERS) WHEN TREATING

Divine Healing is based on a person having a Spiritual Root, which in Sanskrit is called the Sutra Atma. Some traditions may call this the Spiritual Cord. This Spiritual Cord connects the Practitioner to the Spiritual World – through a series of Higher Energy Centers. It is through these Spiritual Energy Centers – that larger

amounts of Divine Energy may be accessed by a Practitioner – which may be used for the purpose of Treating their Clients.

This is why it is recommended for Practitioners become increasingly Spiritually Connected through a regular Spiritual Practice – such as *The Path to Arbatship*, Prayers of various Religious Traditions or other Spiritual Practices.

The twelfth Chakra is three steps above the Crown Chakra, in the Aura. It corresponds with the bottom point of the upper MerKaBa (of Source, or your Higher Self) that meets the human MerKaBa, or Light body. This Chakra is associated with masculine Energy - Father Sky." It is our connection to Source.

- Extracted from www.brightbill.net/metaphysical/twelve_Chakras.htm
©2003 - 2011, Asha & Ahnna Hawkesworth, 04/2011

It should be noted that Divine Energy may enter into the Energy System of a Practitioner or Client through the Crown, the Forehead, the Ajna or the back Heart Energy Center thereby each of this Centers may be used to transfer the Energy.

- *Extracted from the Notes of Charlotte Anderson*

USING SPIRITUAL HEALING WITH COLORED ENERGY

(This Treatment is also excellent for Treating oneself.)

Please take a Partner

1. One be the Practitioner, one be the Client
2. Take a Basin with Water and Salt and a Sprayer
3. Practitioner stand up, Client sit down
4. When doing a treatment, remove your watch
5. Exercise the hands (Sensitize)
6. Practitioner Smile
7. Face the correct direction (East to receive more Divine Energy)
8. Tell the Client to, "Close your eyes, please. Be conductive and sit with your feet flat on the floor."
9. Do Yogic Breathing
10. Invoke for Divine Blessing

*Lord I humbly Invoke your Blessing,
For Divine Guidance, Healing and Divine Protection.
Humbly we Invoke for you to Make this soul Your Divine Healing Instrument.
With Thanks and in Full Faith.*

11. Now, let us do General Cleansing 1 time on the front and the back of the body - use Pale Green Energy.

(Wait)

12. Now, Cleanse the whole Head area and the Crown Energy Center
13. Cleanse the Ajna Energy Center, the Forehead and the back Heart Energy Center. All these Energy Centers can be used to Project Divine Energy to a Client

Instructor note: Each of these Energy Centers can be used to transfer the Divine Energy in the Client's Energy bodies. Please pick one Center for the Practice.

14. Spray your hands.
15. When you Practice Divine Healing, concentrate on your Crown Energy Center and your Hand Energy Center in your Palm. Let us Project Divine Energy to the Crown Energy Center. You may use Luminescent White Energy, Brilliant Electric Violet Energy or Golden Energy. Move your Hand slowly— preform the Hand-Rotary Projection Technique.

... allow the White Light to permeate your Auric Field...It will flow down through your field into that of the patient...the patient's Aura fills with White-Gold Light that is infused with opalescent colors ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 227-228

16. While you are Projecting the Divine Energy to the Crown (Forehead, Ajna, back Heart). Mentally say:

*Lord I humbly Invoke your Blessing,
For Divine Guidance, Healing and Divine Protection.
Humbly we Invoke for You to Make this soul Your Divine Healing Instrument.
With Thanks and in Full Faith.*

17. Repeat the Invocation:

*Thank you for Treating this person.
With Thanks and in Full Faith!*

18. The Client should be receptive.
The Client should say,

*I am open to the the Divine Healing Energy.
My body is absorbing the Divine Healing Energy.
My body is absorbing the Healing Energy, Deeply, Completely, and Permanently*

*Right Now.
I Fully, Willingly, and Gratefully accept the Divine Healing Energy.
I want to be Healed ... Now.*

19. Instruct the Client to imagine Luminescent White Energy inside of the Affected Area, imagine the body absorbing the Projected Energy.
20. After the treatment, give the body of the Client the Instruction to “Completely, deeply and permanently absorb the Healing Energy now!”...
21. ...And say,

*Thank you for assigning a Healing Angel
to this Client, until Recovery is Complete.
With Thanks and in Full Faith.*

22. At the end of the treatment, Give Thanks,

*Lord God, to the Healing Angels,
Thank you for your Presence, Thank you for the Divine Healing.
With Thanks and in Full Faith.*

23. Then Secure the Energy.
24. Release the Energy Link, Cut

- Extracted from *The Manual on PEH Level I*,
Compiled by Charlotte Anderson, ©2011

INVOCATIVE TREATMENTS

When you Treat and Pray simultaneously, and usually the Client improves very, very fast. Always remember to Invoke regularly for Blessings.

Let the Power of Spirit manifest through my mind permeating the body of this other Self that I am desirous of healing (or `this body that I call mine own`) bringing to it Health, and Strength, and Life ...

- Extracted from *The Science of Psychic Healing*, by
Yogi Ramacharaka, ©1906, Page 172

PRACTITIONERS USE OF INVOCATIVE TREATMENTS

In Invocative Treatments - Simply raise your hands and Imagine the person you

wish to Treat - in front of you. Simply think of the Energy Center that you wish to treat – and the Energy will flow to the Client.

1. During an Invocative Treatment you raise your hands and imagine the person needing Treatment - in front of you ...
2. Mentally say the Name of the Client whom you wish to Treat
3. Now focus your attention on the Energy Centers or Area that you wish to treat.
4. Sweep the Area Thoroughly.

When the hands are in the right position ... **SWEEP THEM OUT, SIDEWAYS, BEFORE THE BODY OR PART, AND IN BRINGING THEM BACK...**

- Extracted from *The Science of Psychic Healing*,
by Yogi Ramacharaka, ©1906, Page 56

5. Repeat the name of the person again.
6. When performing the Invocative Treatment Technique, Concentrate on your Crown Energy Center, while focusing your attention on your Hand Energy Centers.
7. Then Project the Colored Energy needed for the particular area.
Say,

*Thank you for Cleaning, Revitalizing &
Balancing this Energy Center.
Thank you. Thank you. Thank you!*

8. Imagine the body of the Client is Absorbing the Projected Energy.

When you Treat & Pray simultaneously - the Client improves very, very fast.

- *Extracted from the Notes of Charlotte Anderson*

CLIENTS USE OF INVOCATIVE TREATMENTS

When the Clients Pray, they are permitted to receive more Energy.

Remind the Client to say, "Thank you!"

The Client should say,

*I am open to the Healing Energy.
Every cell of my body is absorbing the Healing Energy.
Deeply, completely and permanently right now!
I fully, willingly and gratefully accept the Divine Healing Energy.
I want to be Healed Right Now!
Thank you!*

TREATING MULTIPLE PEOPLE AT ONE TIME

When one's Energy is very strong – the Treating of multiple people at one time may be undertaken.

Early references to this have been made in the Bible - with in regard to the Lord Jesus - where he “Healed” the Masses of people simultaneously.

Another example of this kind of Mass “Healing” - was also done by this Compiler's Life Partner, in 1997 during a Lecture in Mumbai – which was delivered to 10,000 people.

He performed Mass Healing on them – and they reported an amazing improvement in their condition by the end of the session.

When a Practitioner is able to generate a sufficiently large Chanel through which the Divine Energy may pass - this will facilitate the Transformation of many conditions – both Physical and Non-Physical.

During treatment let the Prana pour (*the Divine Energy*) into the patient in one continuous stream, **ALLOWING YOURSELF TO BE MERELY THE PUMPING MACHINERY CONNECTING THE PATIENT WITH THE UNIVERSAL SUPPLY OF PRANA,** and allowing it to flow freely through you.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 78

Practitioners need to understand that Treating multiple people at one time should not be undertaken until the Practitioner is adequately developed and knows how to release the Cords or Energy Connections that may occur when such Mass Treatments are undertaken.

The Laying on of Hands or Praying over a person who is injured, ill or who has a chronic problem is done in many different cultures. In some Traditions it is simply called Praying or “Invoking for Divine Help” in order to correct the condition.

He laid His hands on a few sick folk and healed them.

- *Mark 6:5*

After commanding His disciples to “go into all the world and preach the gospel to every creature,” Jesus declared these signs shall follow them that believe; **“THEY**

SHALL LAY HANDS ON THE SICK AND THEY SHALL RECOVER!

- *Mark 16:18*

VISUALIZATION - CREATING A PICTURE OF PERFECT HEALTH

When a Practitioner has strong Energy - the Client may feel better as soon as they walk into the Energy Information Field of the Practitioner. Simply being within a strong Energy Field can create a feeling of Well-being or even facilitate Improvement within the body of the Client.

Likewise when a Practitioner has a strong positive attitude, they may strongly Project the Intention of Transforming the Energy Condition of the Client from one state to another state.

This means that a state of Disease or Wellness is being Mentally Projected in order to transform into a state of being Well or in Radiant Good Health. The strength of the Practitioner's Thoughts, when sent together with the Projected Energy may vary from Practitioner to Practitioner.

The Power created by the Practitioner depends on their mental clarity and on the magnitude of their Energy body and their Willingness to allow the Higher Beings to utilize them as a Channel for the Energy.

Therefore it is very important for the Practitioner to maintain a strong positive outlook at all times. A Practitioner should not Treat if they are in a bad mood, if their physical body is feeling weak or unwell.

VISUALIZATION IS ONE OF THE MOST POTENT & WIDELY USED TECHNIQUES IN HEALING ... most people find that visualization becomes easier with a little practice ...

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 43

By simply visualizing the Client being healthy and strong, both the Practitioner as well as the Client may further accelerate the Treatment Procedure.

It has been noted that when a Practitioner forms a strong Intention, that the Client Fully Recover – and See this with their Inner Vision – so that they actually can see that the condition of the Client Change for the better or Improve.

Prana may also be sent to the patient in the shape of Energized Thought, directed from the Mind of the Healer.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 38

The effect of a Practitioner's Visualization – of seeing the outcome of the Treatment with their Inner Eye - is in some traditions called Instructive Healing.

By simply visualizing the Client being Healthy & Strong, both the Practitioner as well as the Client can Rapidly accelerate the Process of the Body's Recovery.

PRANA MAY ALSO BE SENT TO THE PATIENT in the **SHAPE OF ENERGIZED THOUGHT**, directed from the Mind of the Healer.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 38

Through a Practitioners Inner Vision they actually can see that the condition of the Client being changed.

Be sure to Envision yourself or imagine that you are in an Ocean of Life Energy.
THE MOMENT YOU THINK OF THIS - THE ENERGY INCREASES.
Practitioners must Realize this Simple Truth!

- Extracted from the Notes of Charlotte Anderson

At the end of a session ... have your friend **CREATE A PICTURE OF THE PAINFUL AREA, OR OF HIS WHOLE BODY, AS IT LOOKED IN A STATE OF PERFECT ...** now **CREATE A PICTURE FOR YOURSELF OF WHAT YOUR FRIEND OF HIS AFFLICTED PART WOULD LOOK LIKE IN A HEALTHY CONDITION.**

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 50, Emphasis by this compiler

At the end of a session:

... have your friend *create a picture of the painful area, or of his whole body, as it look in a state of perfect health* (emphasis author of *this manual*) ... now create a picture for yourself of what your friend of his afflicted part would look like in a healthy condition.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 50

What the Practitioner **THINKS** - is very important.

Do not use the term “I”.

A Practitioner functions as a group - Together with the Spiritual Teacher, Healing Angels, Healing Ministers, and all the Great, Great Ones.

Think in terms of Treatments – being “Group Work” or “Team Work”.

The moment a Practitioner says “I” - they isolate themselves from the Invisible Helpers.

A Practitioner should - Mentally say, “We are one.”

A PRACTITIONER NEVER WORKS ALONE!

- Modified & Extracted from the Notes of Charlotte Anderson

ABSENT TREATMENT

The Thought of the Healer sends forth the Prana to the sender, and it flashes across space and finds lodgment in the psychic mechanism of the patient. It is unseen, and like the Marconi waves, it passes through intervening obstacles and seeks the person at a distance, you must form a mental image of them until you can feel yourself to be en rapport with them.

- Extracted from *Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 88

In Absent Treatments as you Treat the person in the photograph - the body of the person is simultaneously being Treated.

If this Teaching is misused the bad karma goes to the Practitioner.

Sometimes it is easier to use a photo because a photo does not resist.

- Extracted from the Notes of Charlotte Anderson

For additional information on Absent Treatments – please go to *The Manual on Pranic Energy Healing Level I*, by Charlotte Anderson, ©2011.

UNDERSTANDING UNIVERSAL LAWS OF NATURE

Loving Energy is real, and can be used to neutralize negative Energy.

Life is based on giving and receiving.

It is necessary for both, the Practitioner and the client to “Let Go” of Inner Pain and Doubt.

When one has Faith – Recovery more frequently takes place.

Recovery to a large degree - depends on the Receptivity of the Client.

- *Modified & Extracted from the Notes of Charlotte Anderson*

As we have tipped the balance one way, it will swing back again, and we must bear the consequences of our acts.

- Extracted from *The Science of Sacraments*, by Charles W. Leadbeater, © 1920, Page 60

A Practitioner must understand that according to the Law of Karma, *every Illness can be Treated, but not every person will Recover.*

Cruelty to other people may manifest Karmically.

When a client cannot be improved, this may be due to many factors beyond our understanding.

- *Extracted from the Notes of Charlotte Anderson*

The Power of Mercy gives you credibility.

If you are kind to other people mercy may be shown to you.

L18 – Lesson 18	PERSONAL CARE FOR PRACTITIONERS
Organizational:	Approximately 15 min
Power Point	
Book Reference*	<i>Hands of Light</i> , by Barbara Ann Brennan, ©1887 <i>The Science of Psychic Healing</i> , by Yogi Ramacharaka, ©1906 <i>The Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978 <i>The Universal Healing Art JING-QI-SHEN</i> , by Ven Rinchen Chodak, ©2006
Internet	www.pranichealing.org

*These book references apply only to this Sequence that you are reading

RECOMMENDATIONS FOR PRACTITIONERS TREATING SEVERE AILMENTS

Practitioners should recognize that all Energy Treatments for Severe Illnesses, Injuries and Disorders should be given as Supportive Energy Therapies to Allopathic Medical Treatments.

When treating clients with very severe conditions you may recommend that they Practice *The Planetary Meditation for Peace* before and during the Session.

When treating Multiple Sclerosis, Cases of Paralysis, Cancer and in the case of serious Accidents or Critical illnesses - this Meditational Practice is particularly helpful.

It is extremely important for a Practitioner to regularly practice Yogic Breathing Techniques.

Always perform one to two minutes of full body Qi Breathing before you begin ... All Asian & Yogic Breathing Traditions teach full breathing utilizing the diaphragm. Yogic traditions know – breathing that centers in the chest constricts the proper flow of Qi ...

- Extracted from *The Universal Healing Art Jing- Qi - Shen*, by Ven Rinchen Chodak, ©2006, Page 15

A Practitioner needs to learn to more fully utilize Energy – just like Practitioners of the Martial Arts. Simple Breathing can create an Energy Field, therefore Practitioners should regularly Practice Yogic Breathing.

The most accomplished healers, who learn how to work entirely with universal free energy channeled through their systems and transmitted onward to the patient, without getting their own personal emotional energy or ego involved, **DO NOT EXPERIENCE AS MUCH CONTAMINATION FROM THEIR PATIENT'S POLLUTED ENERGIES ...**

- Extracted from *A Complete Guide to Chi Gung*, by Daniel Reid, ©1998, Page 113

These added Energy Techniques will increase a Practitioner's ability to do Competent Treatments - and it will help to reduce Contamination. Always remember to use Breath when treating chronic or "difficult" cases.

When you realize that unless correct breathing is performed ... a person ... is unable to have health ...

- Extracted from *The Science of Psychich Healing*, by Yogi Ramacharaka, ©1906, Page 19

PRACTICE ON YOGIC BREATHING

1. Complete the Energy Circuit.
2. Sit forward on your chair with your feet flat on the floor.
3. Concentrate on the tips of your fingers and gently move your fingers together and apart, back and forth while doing Yogic Breathing.
4. Try to join your fingers together.
5. Do you notice a strong resistance prevents you from joining the fingers?
6. The secret is to hold your breath after breathing.
7. Inhale – hold one – exhale – hold one
8. Thank you.

- *Extracted from the Notes of Charlotte Anderson*

MAINTAINING THE PURITY OF THE TREATMENT AREA

Make sure, that the healing environment is as free from distraction as possible.

- Extracted from *The Universal Healing Art of Jing–Qi–Shen*, by Ven Rinchen Chodak, ©2006, Page 81

-

1. Open the windows and allow the room to air

2. Play the Mantra “OM” from the time the treatment is finished until the next time treatment is to be done in that area
The “OM” may even play day and night
And it may be played continuously between the treatments
3. Burn sandalwood incenses in the treatment room
4. Thoroughly Cleanse the chair or the bed where the Client has been sitting
5. Spray the room thoroughly with alcohol*
6. When people clap, the old Energy is disintegrated

- *Extracted from the Notes of Charlotte Anderson*

*It is recommended Ethyl alcohol not Isopropyl alcohol should be used.
Maha Atma Choa Kok Sui personally used inexpensive vodka, with essential oils to replace other alcoholic products all together.

PERSONAL ENERGY – CARE FOR PRACTITIONERS

Health lies in the observance of the Natural Laws of the Body. These Laws may be

summed up as right Living and Right Thinking ...

-Extracted from *The Science of Psychic Healing*, by
Yogi Ramacharaka, ©1906, Page 16

To take good care of yourself, you need a daily routine that includes

- meditation
- physical exercise
- good food
- good hygiene
- the right amount of rest for you when it is needed
- the right clothes
- home
- pleasure
- personal challenge
- intimacy
- and friends

Mix this with a good amount of love, and you will reap great rewards.

- Extracted from *Hands of Light*, by Barbara Ann
Brennan, ©1987, Page 265

Practitioners may Clean their food in order to remove both Physical or Etheric Impurities. Frequently when people are cooking, handling or selling food - they are under stress. Thereby the food served may be impregnated with a wide variety of Contaminating Energies – both Physical and Etheric in nature. These are common factors involved in the Energetic Contamination of Food.

In developing countries other factors are present - such as various concerns regarding the physical health of those preparing or cooking the food (such as TB, Hepatitis or other Contagious conditions).

The Practitioners may Cleanse their Food by Projecting 5 cycles of Pale Green Energy, 5 cycles Pale Violet Energy, 5 cycles Brilliant Electric Violet Energy. This means 5 Breathing Cycles or more - per Color being Projected.

Electric Violet is a great color for treating negative energies ...

- Extracted from *The Practical Psychic Self-Defense Handbook: A Survival Guide*, by Robert Bruce, ©2011, Page 161

This Practice will substantially free the food from negative Etheric Qualities and also from some Physical Contamination.

- *Extracted from the Notes of Charlotte Anderson*

Without a sufficient degree of rest the brain becomes overworked and complications set in.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 20

ARTHRITIS OR OTHER DISEASE BECAUSE OF DIRTY ENERGY

Dirty Energies contaminating Practitioners – frequently go to the legs, the hands arms and feet of the Practitioner's body – in part due to their failure to throw the dirty Energy into the water and salt.

De-Contamination is constantly required.

Wash thoroughly and carefully during Treatments, between Treatments and after Treatments – the Hands, Fingers, Forearm, Upper Arm, Under the Arms – and if Difficult Cases have been Treated – then also the Shoulder area and up to the neck – at a Minimum. The best Preventative Measures to alleviate Contamination is to

prepare a Bath of warm Water and one Kilo of Salt – that has been pre-prepared with either Instant Coffee or with Blessed Essential Oil – such as Lavender, Tea Tree or Eucalyptus Oils.

Then they may Invoke for the Water to be Blessed for the purpose of Cleansing all Contaminating Energies from their Physical and Subtle Bodies.

The Practitioner may then enter the Bath – and listen to the Mantra OM – “Om-ing” certain areas that may have discomfort due to Contamination. Or they may sink deeply into the Blessed Water up to their neck – and play *The Planetary Meditation for Peace* – leaving only their head sticking out of the Bath Water.

The fingers may be place into the water – and moved out of the Water - for the Section on Blessing.

This compiler’s Life Partner did this for many years – usually twice per day.

The baths were prepared by this compiler – and she was duly rewarded – by being allowed to use the Highly Charged Water – after He had finished His bath.

This ritual was performed for many years – until His body was shedding so much diseased Energy from His heart – that it was no possible for them to share the Water. Energies of all Natures are REAL!

Decontaminate your body after Treatments COMPLETELY and REGULARLY!

Women performing Treatments – particularly - should take a bath or shower with Water and Salt.

During the process – they may take a large handful of soft salt and place it under each armpit.

Then Rub the salt on their Shoulders, Breasts, Chest and Solar Plexus – Front and Back, in addition to thoroughly cleansing their Arms, Hands and Fingers.

Please remember to Clean the Treatment Room each time it is used and at the end of a day of Treatments or after Treating “Heavy” Conditions such as Cancer, Severe Heart Ailments or other Conditions.

Chronic Fatigue Syndrome in Practitioners - may occur when dirty Energy not only goes to the arms or legs but also to the Spleen Energy Center.

Sometimes - Practitioners *physically feel* the experience or Condition of their Clients. Therefore after a Treatment they feel depleted.

This is NOT advisable! Practitioners should CUT from the Client being Treated

IMMEDIATELY – even during a Treatment or Multiple Times during a Treatment – if this occurs.

The Life Partner of this compiler was also heard to say that if this happens the Practitioner may take Ginseng together with Raw Egg

(Please Note: ONLY EAT RAW EGGS -- IF THE EGGS from RELIABLE SOURCES – Be CERTAIN they are VERY CLEAN. Don't risk getting Salmonella or Bird Flu!!).

If you take this preparation you say, “I am absorbing this Energy of _____ now!”

- Modified and Extracted from the Notes of Charlotte Anderson

PEH IS NOT JUST KNOWLEDGE ... IT IS A SKILL

You have to Practice to become a good Practitioner.

Please remember to Practice Diligently.

As your treatment skills increase, improvement becomes very fast.

- Modified & Extracted from the Notes of Charlotte Anderson

RECENT DEVELOPMENTS IN PRANIC ENERGY HEALING

PEH Level II should be taught in a series of steps.

Multiple Advanced Techniques were taught by this Compiler's Life Partner.

Many of techniques shared here have not been previously released in this detail.

It is recommended that Practitioners who have undergone Training for Advanced Techniques consult his books for particular applications with Colors to further accelerate the Improvement and Well-Being of the Client.

Nearly all Techniques required to perform PEH Level II Treatments - have been transmitted to the students attending this Workshop.

However additional individual applications of Color may be utilized after the Practitioner has gained sufficient experience in producing the range of Colors required to Treat various diseases and conditions in the human body.

After thoroughly learning to use Colored Energies with greater proficiency – many other important additional tools for Treating Clients may be given. These wonderful possibilities should be carefully examined.

However it is recommended this be done only after a Practitioner has developed a certain degree of Proficiency in Regulating and Projecting Colored Energies.

In the case of serious, life-threatening ailments and conditions, a Practitioner should gather as much information as possible regarding Energy Treatment Protocols – so that all possible information may be applied – as required by the individual condition of the Client. A wide range of understanding should be gathered – so as to provide maximum benefit to relieve the suffering of clients.

MUCH WHAT WE CALL DISEASE IS REALLY A BENEFICIAL ACTION OF NATURE DESIGNED TO GET RID OF POISONS, SUBSTANCES, WHICH WE HAVE ALLOWED TO ENTER INTO AND REMAIN IN OUR SYSTEMS ...

- Extracted from *Fourteen Lesson in Yogi Philosophy*,
by Yogi Ramacharaka, ©1903, Lesson 8

However it should be noted that many of steps taught in this workshop are not discussed or described in those books – as they were personally given to the compiler over a long period of time and they are therefore, not a part of any previously released materials.

The Priceless Jewels of Information shared here, has been done to enhance, to preserve and advance the work begun but not finished.

LET US CLOSE THIS SESSION BY INVOKING FOR DIVINE BLESSINGS:

*To the Supreme God,
Thank you for your Great Blessings.
To Lord Mahaguruji Mei Ling,
To our Beloved Spiritual Teacher,
To all of the Great Great Ones ...
And to the Entire Spiritual Hierarchy,
Humbly we Invoke for Divine Guidance, Divine Help and Protection
Thank you for Divine Healing Power,
Thank you for using this soul as Your Instrument for Healing.
With Thanks and in Full Faith.*

PLEASE GIVE THE FOLLOWING REMINDERS

1. *Remind the students of upcoming Advanced Workshops.*
2. *Encourage the students to Continue Learning.*
3. *Ask the students for assistance in attracting new people to PEH Level I.*
4. *Give Contact Information*

Share important International Links:

www.pranichealing.org

www.ppmaudiostream.org

www.charlotteandersonsevents.com

www.arhaticyoga.org

www.theinnersciences.net

www.pranicenergyhealing.net

PREVIEW

This “Preview” contains an Extraction from *The Manual on Pranic Energy Healing Level II (Part II – The Treatments)* – which will be released in the near future.

The intention of this Compiler is not to distract Practitioners from previously Validated Methods – but rather to ADD - Priceless Concepts - that will allow them to go beyond the limitation of “not knowing what to do” – when a Treatment or Information has not yet been systematized or was formerly reserved for only a few individuals.

It is hoped Practitioners will benefit – from the Essence of the Energetic Treatments shared in this Volume – and that they will allow a Practitioner to understand - how to *Translate Information* from multiple sources - into Practical Applications - that can be utilized in ways - not openly discussed before.

It is this Compiler’s perception - that if this kind of data is not Released – it will be permanently lost. Through the Context of this Compilation - the shared materials may now be Preserved and become widely available.

We invite your feedback on the ease of using the format in the presentation of the Energy Treatment for Chronic Fatigue Syndrome – that follows.

ENERGY TREATMENT FOR CHRONIC FATIGUE SYNDROME

Chronic Fatigue Syndrome (CFS) is a disorder characterized by a state of chronic fatigue that persists for more than 6 months, has no clear cause, and is accompanied by cognitive difficulties. It was initially termed encephalomyalgia (or myalgia encephalomyelitis) because British clinicians noted that the essential clinical features of CFS included both an encephalitic component (manifesting as cognitive difficulties) and a skeletal muscle component (manifesting as chronic fatigue).

Various unrelated infectious diseases (eg, [pneumonia](#), [Epstein-Barr virus](#) [EBV] infection, diarrhea, upper respiratory tract infections) appear to lead to a state of prolonged fatigue in some persons. Generally, if this condition is accompanied by cognitive difficulties, it is referred to as CFS.

- Extracted from <http://emedicine.medscape.com/article/235980-overview> on March 24, 2013

Use the PEH Level II Foundation Protocol.

According to the Understanding of the Ancient Knowledge about the Functions of the Energy Centers and the Energy Colors, the following procedure is recommended.

Remember:

All Energy Centers need to be checked and Re-Checked after each Step.

Secure the Energy after Using the Hand-Rotary Projection Technique.

TREATMENT PROTOCOL	CLEANSING/PROJECTION SEQUENCE*
Front Solar Plexus Energy Center	Cleanse: <ul style="list-style-type: none">- Pale Green Energy- Pale Violet Energy Project: <ul style="list-style-type: none">- Pale Blue Energy (<i>to Contain</i>)- Pale Green Energy- Pale Orange Energy

If Pale Orange Energy cannot properly be assimilated use Pale Violet instead

Back Solar Plexus Energy Center	Cleanse: <ul style="list-style-type: none">- Pale Green Energy- Pale Orange Energy Project: <ul style="list-style-type: none">- Pale Blue Energy (<i>to Contain</i>)- Pale Green Energy
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<i>(Continued)</i>	- Pale Orange Energy
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If Pale Orange Energy cannot properly be assimilated use Pale Violet instead.

Front Heart Energy Center	Cleanse: <ul style="list-style-type: none"> - Pale Green Energy - Pale Violet Energy
Back Heart Energy Center	Cleanse: <ul style="list-style-type: none"> - Pale Green Energy - Pale Violet Energy Project: <ul style="list-style-type: none"> - Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Violet Energy

Visualize the Thymus Gland becoming very Strong, Active and Revitalizing the whole Immune System of the Body.

Ajna Energy Center	Cleanse: <ul style="list-style-type: none"> - Pale Green Energy - Pale Violet Energy Project: <ul style="list-style-type: none"> - Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Electric Violet Energy
Forehead Energy Center	Cleanse: <ul style="list-style-type: none"> - Pale Green Energy - Pale Violet Energy Project: <ul style="list-style-type: none"> - Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Electric Violet
Crown Energy Center	Cleanse: <ul style="list-style-type: none"> - Pale Green Energy - Pale Violet Energy Project: <ul style="list-style-type: none"> - Pale Violet Energy Reconnect to the Divine Energy – Brilliant Electric Violet Cleanse: <ul style="list-style-type: none"> - Pale Green Energy - Pale Violet Energy Project: <ul style="list-style-type: none"> - Pale Violet Energy Reconnect to the Divine Energy –

<i>(Continued)</i>	Brilliant Electric Violet
Smaller Energy Centers at the Jaws and Temples	Cleanse: <ul style="list-style-type: none"> - Pale Green Energy - Pale Violet Energy Project: <ul style="list-style-type: none"> - Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Electric Violet

Perform the PEH Level III Technique to Cleanse the Emotional Body which will assists the Rapid Harmonizing and Rebalancing of the Clients Emotional Well-Being. This will facilitate a Clients Physical Improvement very rapidly.

*Each Area on the Left Side of this Procedure - should be Cleansed and Energy Projected according to the Instructions on the Right.

Practitioners must follow these Recommendations Step by Step.
No physical Areas or Energy Centers may be omitted!

APPENDICES

These Appendices are provided as sources of further information regarding topics included in *The Manual on Pranic Energy Healing*.

APPENDIX A – Info <i>The Planetary Meditation for Peace</i> *	Page 151
APPENDIX B – Text for <i>The Planetary Meditation for Peace</i>	Page 152
APPENDIX C – More Info about the Energy Centers	Page 157
APPENDIX D – TCM–Jing–Qi–Shen	Page 165
APPENDIX E – Nature Energies and Vitality Globules	Page 166
APPENDIX F – More about Colored Energy	Page 168
APPENDIX G - RECOMMENDED READING	Page 173
APPENDIX H - THE CHRONOLOGY OF THE TERMINOLOGY PRANIC HEALING	Page 174

**The Planetary Meditation for Peace* is called by many different names – including *The Meditation on Twin Hearts*.

APPENDIX A

INFORMATION ABOUT MEDITATION ON TWIN HEARTS

AUTHORITY TO REPRINT

MEDITATION ON TWIN HEARTS IS A VERY POWERFUL TOOL IN BRINGING ABOUT WORLD PEACE; THEREFORE, THIS MEDITATIONAL TECHNIQUE SHOULD BE DISSEMINATED. THE AUTHOR HEREBY GRANTS PERMISSION TO ALL INTERESTED PERSONS TO REPRINT, RECOPY, AND REPRODUCE THIS CHAPTER PROVIDED PROPER ACKNOWLEDGMENT IS MADE.

(SIGNED) CHOA KOK SUI

- Extracted from *The Ancient Art and Science of Pranic Healing*, ©1990, 2nd Edition 1992, 1994, 1995, 1996, Reprint India, by Master Choa Kok Sui, Pages 227-239

Please use the above form when annotating this material.

MEDITATION ON TWIN HEARTS

1. To Clean the etheric body, do physical exercise for about five or more minutes.
2. Invoke for Divine Blessing.
3. To activate the Heart Chakra, concentrate on it and Bless the entire earth with Loving Kindness.
4. To activate the Crown Chakra, concentrate on it and Bless the entire earth with Loving Kindness. Then again Bless the earth with Loving Kindness simultaneously through the Crown and Heart Chakras.
5. To achieve Illumination, concentrate on the point of Light, on the Aum or amen, and on the interval between the two Aums or Amens.
6. To release excess Energy, Bless the earth with Light, love and peace.
7. Give Thanks.
8. To further release the body of excess Energy and strengthen it, massage the body and do more physical exercise.

BLESSING THE EARTH WITH LOVING-KINDNESS

From the Heart of God.

Let the entire Earth be Blessed with Loving-Kindness.

Let the entire Earth be Blessed with Great Joy, Happiness and Divine Peace.

Let the entire Earth be Blessed with Understanding, Harmony, Goodwill and the Will to do Good. So be it!

From the Heart of God, let the Hearts of all Sentient Beings be filled with Divine Love and Kindness.

Let the Hearts of all Sentient Beings be filled with Great Joy, Happiness and Divine Peace.

Let the Hearts of all Sentient Beings be filled with Understanding, Harmony, Goodwill and the Will to do Good. With Thanks, so be it!

APPENDIX B

Text for *The Planetary Meditation for Peace*

(Instructor, please use, the CD “Planetary Meditation or Peace” by Master Choa Kok Sui. Should there be no facility for the use of a CD, the Instructor may lead the Meditation however this is only recommended if absolutely necessary.)

PLANETARY PEACE MEDITATION

This is Master Choa Kok Sui.
Let us Invoke for Divine Blessings.

*“To the Supreme God,
To the Divine Father and Divine Mother,
To my Spiritual Teacher,
To all the Spiritual Teachers,
To all the Holy Masters, all the Saints, Holy Angels,
Spiritual Helpers and to all the Great Ones.
We Thank You for Your Divine Guidance, Divine Help and Protection.
We Thank You for Your Divine Love,
for Your Sweetness, for Your Illumination, Divine Oneness and Divine Blessings.
Thank You, in Full Faith.”*

Connect your tongue to your palate

Recall a happy event. Take your time.
Re-experience the exquisite Feelings of Sweetness, of Tenderness and of Love.

You are Smiling - you are filled with Love and Happiness.
Very gently and lovingly Smile at your Heart Center.
Say words of Love and Sweetness to your Heart.
Gently and lovingly Smile at your Heart. Your Heart Center is a Being of Love.
Wait for the response. Feel the Love and Happiness

Recall another happy event. Re-experience this happy event.
Can you feel your Heart Center responding with Love, with Joy and Bliss?
The feeling is fantastic!

Smile at your Crown Center.

Your Crown Center is a being of Divine Love.
Say words of Love to this Being of Divine Love

Lovingly and gently Smile at your Crown Center. Wait for the response.
Can you feel your Crown Center responding with Divine Love and Divine Sweetness?

We are going to Bless the Earth with Loving Kindness.

Very gently, touch your Heart with your left hand.

Raise your hands at about chest level with your palms facing outward.
Imagine there's a small Earth in front of you, the size of a small ball.
Be aware of your Heart and silently repeat after me.

"Lord, make me an instrument of your Peace."

Allow yourself to be a Channel for Divine Peace.
Feel the Inner Peace within you and Bless the Earth with Peace.
Feel the Peace within you, and radiate this Peace into the Earth.
Feel the Inner Peace within you, and share it with the Earth in front of you.

"Where there is hatred, let me sow Love."

Feel the Love within you. Feel the Inner Peace within you.
Feel the Sweetness within you.
Allow yourself to be a Channel for Divine Love and Divine Sweetness.
Imagine Pink Light radiating from your Heart to your hands to the Earth
Bless the whole Earth, every person, every Being with Love and Sweetness

"Where there is injury, Pardon."

Allow yourself to be a Channel for Reconciliation and Divine Peace.
Bless the Earth with the Spirit of Understanding, Harmony and Peace.

"Where there is despair ... Hope ... doubt ... Faith."

Allow yourself to be a Channel for Divine Hope and Divine Faith.
Bless the whole Earth with Hope and with Faith.
Bless people who are having a difficult time.
Bless them with Divine Strength.
Silently tell them,
"You can make it. You are Blessed with Hope, with Faith, with Divine Love and with Divine Strength."

"Where there is darkness, ... Light; ... sadness, ... Joy."

Allow yourself to be a Channel for Divine Light and Divine Joy.
Bless the whole Earth with Light and Joy.

Specially Bless people who are sad, people who are depressed, people who are in pain.

Bless them with Divine Light.
Bless them with Divine Strength. Blessings be to all.

Be aware of your Crown.
Imagine the small Earth in front of you, and silently follow me.

"From the Heart of God, let the entire Earth be Blessed with Loving Kindness."
Allow yourself to be a Channel for Divine Love and Divine Kindness.
Imagine Golden Light radiating from your Hands to the small Earth in front of you.
Bless the Earth with Loving Kindness, Harmony and Divine Peace.

"Let the entire Earth be Blessed with Great Joy and Happiness."
Feel the Divine Joy and Divine Happiness.
Allow yourself to be a Channel for Divine Joy and Happiness, and share this Joy and Happiness with the whole Earth.

"Let the entire Earth be Blessed with Understanding, Harmony and Divine Peace, with Goodwill and the Will to do Good. Blessings be to all."

Be aware of your Heart and your Crown simultaneously. Take a deep breath.
Be aware of your whole body and exhale slowly.
Be aware of your Heart and your Crown again.
Inhale - slowly and deeply. Hold your breath.
Be aware of your whole body and exhale slowly.
Can you feel your whole body fill with Divine Love and Divine Bliss?

Imagine the small Earth in front of you and be aware of your Heart and your Crown, and silently repeat after me.

"From the Heart of God, let every person, every being, be Blessed with Divine Love and Kindness."
Feel the Kindness. Feel the Divine Bliss, the Divine Sweetness... and share this with the whole Earth, with every person and every Being.

"From the Heart of God, let the whole Earth, every person, every Being, be Blessed with Divine Love, be Blessed with Tenderness, with Warmness, with Caring-ness, with Inner Healing, with inner Beauty, with Divine Bliss and Divine Oneness with all."

Gently, put your hands down on your lap.

Imagine a Golden Flame on your Crown.
Feel the quality of the Golden Flame.
Feel the Love, the Peace, and the Divine Bliss radiating from this Golden Flame.

Feel the Divine Sweetness, the Divine Joy.
Gently, lovingly and silently, Chant the Mantra OM.
Be aware of the interval and the Stillness between OM'S
Be aware of the Stillness, the Golden Flame and silently Chant the Mantra OM.

Instructor Notes:

Gently and silently Chant the Mantra OM.

Gently and lovingly return to your body right now.

We are going to release the excess Energy.
Slowly and gently move your fingers.
Raise your hand on chest Level with your palm facing outward.
Imagine the small Earth in front of you.
Silently say,

*“Let the entire Earth be Blessed with Divine Light, Divine Love, Divine Power.
Let the whole Earth, let every person, every being be Blessed.
Let there be Peace, Harmony, Progress, Spirituality and Prosperity to all.
Bless your country with Divine Light, Divine Love, Divine Power,
with Progress, Spirituality, Peace and Abundance.
Bless your city with Peace and Order, with Spirituality,
with Divine Love, and with Prosperity.
Bless your Loved Ones.
Bless your Relatives,
your Associates and your Friends
with Divine Love, with Kindness and Sweetness, and with much Affection.
Blessings be to all.”*

Gently put your arms down.
We are going to release excess Energy by Blessing Mother Earth.
Be aware of your feet and the base of your spine.

Imagine Golden Light flowing down, down, down, into the earth,
... about three meters or ten feet deep.

*“Let Mother Earth be Blessed with Divine Light, Divine Love, Divine Power.
Blessings be to Mother Earth. Let Mother Earth be Blessed.
Let Mother Earth be Regenerated. Blessings be to beloved Mother Earth.”*

*“To the Supreme God, we Thank You for these Great, Great Blessings.
To the Divine Father, Divine Mother, we Thank You for the Divine Bliss
and Your Priceless Blessings.
To my Spiritual Teacher,
to all the Spiritual Teachers,*

*to all the Saints, Holy Angels,
Spiritual Helpers,
specially to the Angels of Love and to all the Great Ones,
Thank You for these Great Blessings.
Thank You for the experience of Love and Divine Bliss. Thank You.”*

- Extracted from the CD *The Planetary Meditation for
Peace*, by Master Choa Kok Sui,
Executive Producer Charlotte Anderson.

APPENDIX C

MORE INFORMATION ABOUT THE ENERGY CENTERS

Appendix C includes elementary knowledge about the 11 Major Energy Centers and their correspondences to the Indian, Chinese and Kabalistic Traditions included you will find the names of the Acupuncture Points and additional Information.

It is recommended that this Appendix will be used if students are more knowledgeable and present the lecture with questions regarding these traditions.

As Charles W. Leadbeater stated when discussing the Energy Centers of a human being ...

All these wheels are perpetually rotating, and into the hub or open mouth of each a force from the higher world is always flowing—a manifestation of the life stream issuing from the Second Aspect of the Solar Logos—which we call the primary force. That force is sevenfold in its nature, and all its forms operate in each of these centers, although one of them in each case usually predominates over the others. Without this inrush of Energy the physical body could not exist. Therefore the centres are in operation in every one, although in the undeveloped person they are usually in comparatively sluggish motion, just forming the necessary vortex for the force, and no more. In a more evolved man they may be glowing and pulsating with living Light, so that an enormously greater amount of Energy passes through them, with the result that there are additional faculties and possibilities open to the man...

- Extracted from *The Chakras*, by Charles W. Leadbeater ©2006, Page 5

CROWN ENERGY CENTER

The translation alternative Name Bai Hui is usually “Meeting point for the Hundreds”

Dr. Wang Le-ting held that the name Bai Hui (Meeting of Hundreds) is because all the hand and foot three yang channels intersect on the head. The qi of the five viscera also meets and unites on the head above.

Therefore, it is called Bai Hui and Bai Hui is the street of head qi.

-Extracted from *Golden Needle Wang Le-ting 20th Century Master's Approach to Acupuncture*, by Hui-Chan Yu, Hand Fu – Ru, Shuai Xue – Zong, ©1997, Page 158

GV 20, Bai Hui; some clinical Indications and comments: Brain hemorrhage, neurosis, headache, epilepsy ...

-Extracted from *Acupuncture Medicine: Its Historical and Clinical Background*, by Yoshiaki Omura, © 1982, Page 102

This Chakra is usually the last to be awakened. In the beginning it is the same size as the others, but as the man progresses on the Path of spiritual advancement it increases steadily until it covers almost the whole top of the head. Another peculiarity attends its development. It is at first a depression in the etheric body, as are all the others, because through it, as through them, the Divine Force flows in from without; but when the man realizes his position as a king of the Divine Light, dispensing largesse to all around him, this Chakra reverses itself, turning as it were inside out; it is no longer a Channel of Reception but of radiation, no longer a depression but a prominence, standing out from the head as a dome, a veritable crown of glory.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 15

This Chakra can become a Channel of Radiation outward from the realized Individual. In Christian symbology this radiation is depicted as a gold crown.

- Extracted from *Extracted from Edgar Cayce and the Eternal Feminine*, by Lynn Roger, ©1971, Page 163

The Crown Chakra – Pineal Gland...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 45

The Crown Center (Chakra 7) is related to the person's connection to his spirituality and the integration of his whole being, physical, emotional, mental and spiritual.

-Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 79

FOREHEAD ENERGY CENTER

Translation alternative Name: Hall of the Divine (Divine Temple)

The Forehead center is associated with the capacity to visualize and understand mental concepts....

- Extracted from *Hands of Light*, by Barbara Brennan, ©1987, Page 78

AJNA ENERGY CENTER

ALTERNATIVE NAME: HALL OF IMPRESSIONS

- *Extracted from the Notes of Charlotte Anderson*

Brow Chakra: The sixth center, the frontal (Plate IX), between the eyebrows, has the appearance of being divided into halves, one chiefly rose-colored, though with a great deal of Yellow about it, and the other predominantly a kind of purplish-Blue, again closely agreeing with the colors of the special types of vitality that vivify it. Perhaps it is for this reason that this center is mentioned in Indian books as having only two petals, though if we are to count undulations of the same character

as those of the previous centers we shall find that each half is subdivided into forty-eight of these, making ninety-six in all, because its primary force has that number of radiations.

- Extracted from *The Chakras*, by Charles W. Leadbeather, ©1927, Page 13

THROAT ENERGY CENTER

ALTERNATIVE NAME: STREAM OF PURITY (CLEAR FOUNTAIN)

CV 23 (29) Lian Chuan or Lián Quan: Some clinical Indications and comments: aphasia, laryngitis....

- Extracted from *Acupuncture Medicine: Its Historical and Clinical Background*, by Yoshiaki Omura, ©1982, Page 115

The fifth centre, the laryngeal (Plate VII), at the throat, has sixteen spokes, and therefore sixteen apparent divisions. There is a good deal of Blue in it, but its general effect is silvery and gleaming, with a kind of suggestion as of moonlight upon rippling water. Blue and Green predominate alternately in its sections.

- Extracted from *The Chakras*, by Charles W. Leadbeather, ©1927, Page 13

FRONT & BACK HEART ENERGY CENTER

ALTERNATIVE NAME: CENTER OF SENSES (MIDDLE OF CHEST)

The fourth centre, the cardiac (Plate V), at the heart, is of a glowing golden Color, and each of its quadrants is divided into three parts, which gives it twelve

undulations, because its primary force makes for it twelve spokes.

-Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 13

The Heart Center is the center of Love... when this Chakra is functioning, we love ourselves, our children, our mates, our families, our pets, our friends, our neighbors ...midway between the shoulders blades, Chakra 4B

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 76

FRONT & BACK SOLAR PLEXUS ENERGY CENTER

GV 7 (21) Chung Shu or Zhong Shu

- Extracted from *Acupuncture Medicine: Its Historical and Clinical Background*, by Yoshiaki Omura, ©1982, Page 118

The third centre, the umbilical (Plate IV), at the navel or solar plexus, receives a primary force with ten radiations, so it vibrates in such a manner as to divide itself into ten undulations or petals. It is very closely associated with feelings and emotions of various kinds. Its predominant Color is a curious blending of several shades of Red, though there is also a great deal of Green in it. The divisions are alternately chiefly Red and chiefly Green.

-Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 13

This Chakra is the seat of fire within the body.Individuals make affirmations, clarifying their true nature in order to (1) attract better work conditions (2) stabilize relationships with others, or (3) overcome fears that hinder the spiritual path.

- Extracted from *Extracted from Edgar Cayce and the Eternal Feminine*, by Lynn Roger, ©1971, Page 160

If this center is open and functioning harmoniously, he will have a deeply fulfilling emotional life...The diaphragm Center, located behind the Solar Plexus, is

associated with one's intention towards one's physical health....

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 76

FRONT & BACK SPLEEN ENERGY CENTER

BL50, Wei Tsang or Wei Cang, the Stomach Storehouse; Clinical Indications and comments: pain, dyspepsia, epigastria pain, stomach pain, vomiting, abdominal

distension, constipation, back pain...

- Extracted from *Acupuncture Medicine: Its Historical and Clinical Background*, by Yoshiaki Omura, ©1982, Page 104

The second centre, the splenic (Plate II), at the spleen, is devoted to the specialization, subdivision and dispersion of the vitality which comes to us from the sun. That vitality is poured out again from it in six horizontal streams, the seventh variety being drawn into the hub of the wheel. This centre therefore has six petals or undulations, all of different colors, and is specially radiant, glowing and Sunlight.

Each of the six divisions of the wheel shows predominantly the Color of one of the forms of the vital force —Red, Orange, Yellow, Green, Blue and Violet.

-Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 12

In his book *The Chakras: A Monograph*, Charles W. Leadbeater add a certain footnote that says...

The Spleen Chakra is not indicated in the Indian books; its place is taken by a center called the Svadhishtana, situated in the neighborhood of the generative organs, to which the same six petals are assigned. From our point of view the arousing of such a Center would be regarded as a misfortune, as there are serious dangers connected with it. In the Egyptian scheme of development elaborate precautions were taken to prevent any such awakening. (*See The Hidden Life in Freemasonry*).

-Extracted from *The Chakras (A Monograph)*, by Charles W. Leadbeater, ©1927, Page 12

MENG MEIN ENERGY CENTER

The Meng Mein Energy Center is spelled differently in different traditions.

To avoid confusion and clarify used spellings are:

- Ming Men
- mingmen
- Meng Mein

GV 4, Ming Men: some clinical Indications and comments: Hemorrhage, lumbar pain, diseases of adrenal gland...

- Extracted from *Acupuncture Medicine: Its Historical and Clinical Background*, by Yoshiaki Omura, ©1982, Page 118

The Sea of Breath is another name for the ming-men and also a name for the lower cinnabar field. In keeping with the texts and their glosses, one may generally consider ming-men as referring to the kidneys, to the navel or even to the lower cinnabar field situated a few inches below the navel....Moreover, Ming-Men very often refers to the right kidney – particularly since it is the right kidney that is identified with the Great Yin, the origin of all life, and the starting point for the circulation of the Breath....A text concerned with embryonic breathing says that the Ming-Men is situated in a place that faces the navel and is at the height of the nineteenth spinal vertebra.

- Extracted from *Taoist Meditation: the Mao-shan Tradition of Great Purity*, by Isabelle Robinet, ©1979, Page 79

Mingmen: The Urinary Bladder, the lowest organ in the body, it the yang organ of the Water phase, with all the qualities and attributes of that phase ...it is the place where the warming yuan (source) qi issues from the Kidneys to be spread around the body by the San Jiao.

- Extracted from *Fluid Physiology and Pathology in traditional Chinese medicine*, by Steven Clavey, ©1995, Page 119

SEX ENERGY CENTER

CV-2 Qu Gu remarks: This is a local point, mainly indicated for chronic and acute genitourinary disease.

- Extracted from *Teaching Atlas of Acupuncture: Clinical Indications*, by Piero Ettore Quirico MD, ©2008, Page 173

Step Two / The Sacral Chakra

Here the male / female Energy splits into duality, bringing a creative interplay and

longing for reunion.

- Extracted from *Edgar Cayce and the Eternal Feminine*, by Lynn Rogers, ©1971, Page 160,

The Sacral Center is related to quantity of sexual Energy of a person. With this center open a person feels his sexual power.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 72

...It is those mechanism which keep the physical body alive.

-Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, © 1978, Page 27

BASIC ENERGY CENTER

Chang Qiang is located 3 fen below the tip of the coccyx. It is the first point on the governing vessel. Dr Wang Le-ting compared it as the “base of the great beam” It is actually the root and foundation of the governing vessel.

- Extracted from *Golden Needle Wang Le – Ting: A 20th Century Master’s Approach to Acupuncture*, by Hui-chan Yu, Hand Fu-Ru, Shuai Xue-Zong, ©1997, Page 82

The first Centre, the Basic at the base of the spine, has a primary force which radiates out in four spokes, and therefore arranges its undulations so as to give the effect of its being divided into quadrants, alternately Red and Orange in hue, with hollows between them. This makes it seem as though marked with the sign of the cross, and for that reason the cross is often used to symbolize this Center, and sometimes a flaming cross is taken to indicate the serpent-fire which resides in it.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 12

The first Chakra is represented by a square made up of the four dimensions of earth itself, the four directions. This can be represented as a circle with four petals ... This foundation Chakra is the root of all growth and awareness of human

divinity.

- Extracted from *Extracted from Edgar Cayce and the Eternal Feminine*, by Lynn Roger, ©1971, Page 159

The first Chakra the coccygeal Center (1) is related to the quantity of physical Energy ...When the life force is fully functioning through the three lowest Chakras, combined with a powerful flow down the legs, there comes with it a clear and direct statement of physical potency....combined with the will to live gives the individual a “presence” of power and vitality ...and is well grounded in physical reality.

When the center is blocked or closed...he will avoid physical activity, will be low in

Energy and may even be “sickly”. He ill lack physical power.

- Extracted from *Hands of Light*, b Barbara Ann Brennan, ©1987, Page 72

For additional study please read *Advanced Pranic Healing*, by Master Choa Kok Sui, © 1992, available at www.amazon.com

This compiler would also recommend the study of the books of Dr. Master George Dangel – who has written over 25 books on various topics. His books are available at: contact@masterpranichealer.com

APPENDIX D

TCM JING–QI -SHEN

TCM has classified Energy as used in medicine in many ways.

The most common explanation can be found in the Three Treasures (San Bao) – Jing (Essence of Life), Qi (Energy) and Shen (Spirit).

It is believed that the Three Treasures, jing, qi, shen are the fundamental building blocks for all facets of life. An Imbalance in any of the three will influence the others and can result in disease or illness within the body.

- Extracted from *The Universal Healing Art*, by
Ven Rinchen Chodak, ©2006, Page 3

The text is said to have been originally composed by the Yellow Emperor who reigned from 2497 through 2398 B.C.E., according to the historian [Sima Qian](#). “Jing Qi Shen” are theoretical cornerstones in [traditional Chinese medicine](#). Neidan, and Qigong, and the three terms appear frequently in the tai chi classics.

Jing (Chinese: 精; [Wade-Giles](#): ching) is the most dense physical matter within the body and is believed to be stored in the kidney organ system. It is said to be the material basis for the physical body and is [yīn](#) in nature, which means it nourishes, fuels, and cools the body.

Qi, the second of the Three Treasures, is the invisible life force which enables the body to think and move, the most dynamic and immediate Energy of the body. Qi is the Energy that moves throughout the cosmos

The third Treasure, shen (神), can be equated with “[spirit](#),” “psyche” or “mind,” and is developed through the interaction of Jing and Qi Energies. Shen is said to be the Energy behind mental, spiritual and creative activities.

- Extracted from
http://www.newworldencyclopedia.org/entry/Jing_Qi_Shen

APPENDIX E

NATURE ENERGIES AND VITALITY GLOBULES

The surrounding Energies show themselves as small Globules – which can be seen by the eye usually as White small bubbles. These “Bubbles” have been described by multiple different esoteric authors - as “Globules” of Energy - that are absorbed as “Bio-Energy” into our Energy Information Fields.

The globule, once charged, remains as a sub-atomic element, and is not subject to any change or loss of force unless and until it is absorbed by some living creature.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 46

When vitalized atoms are thus more sparsely scattered, the man in rude health increases his power of absorption, depletes a larger area, and so keeps his strength at the normal Level; but invalids and men of small nerve-force, who cannot do this, often suffer severely, and find themselves growing weaker and more irritable without knowing why.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 46

In brilliant sunshine this vitality is constantly welling up fresh, and the globules are generated with great rapidity and in incredible numbers, but in cloudy weather there is a great diminution in the number of globules formed, and during the night, so far as we have been able to see, the operation is entirely suspended. In the night, therefore, we may be said to be living upon the stock manufactured in the course

Vitality, like Light and heat, is pouring forth from the sun continually, but obstacles frequently arise to prevent the full supply from reaching the earth.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 47

We all know the feeling of cheerfulness and wellbeing which sunlight brings to us, but only students of occultism are fully aware of the reasons for that sensation. Just as the sun floods his system with Light and heat, so does he perpetually pour out into it another force as yet unsuspected by modern science —a force to which has been given the name "vitality ".....called by Charles W. Leadbeater also the Vitality Globule.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 43

The life of the physical body is one of perpetual change, and in order that it shall live it needs constantly to be supplied from three distinct sources. It must have food for its digestion, air for its breathing, and vitality in three forms for its absorption. This vitality is essentially a force, but when clothed with matter it appears to us as though it were a highly-refined chemical elements.

- Extracted from *The Chakras* Charles W. Leadbeater, ©1927, Page 3

....In the study ("A Study of Stuctural Neuromuscular Energy Fields and Emotional Approaches"), she recorded the frequency of low milli-voltage signals from the body during a series of "Rolfing Sessions". To make these recordings she used elementary electrodes made of silver/silver chloride placed on the skin. Simultaneously, with the recording or the electronic signals, Rev. Rosalyn Bruyere of the Healing Light Center, Glendale, California, observed the Auras of both the Rolfer and the person being rolfed... The scientists then mathematically analyzed the wave patterns recorded by a Fourier analyses and a sonogram frequencies correlated specifically with colors....

Both reported Feb 1988 results of research in progress show the following Color/frequency correlations, (Hz = Hertz, or cycles/second):

Blue	250-275 Hz plus 1200 Hz
Green	250 – 45 Hz
Yellow	500 – 700 Hz
Orange	950 – 1050 Hz
Red	1000 – 1200 Hz
Violet	1000 – 2000, plus 300 – 400; 600 – 800 Hz
White	1100 – 2000 Hz

These frequency bands, except for the extra bands at Blue and Violet, are in reverse order of rainbow Color sequence.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page33

Each Color of the spectrum pours unseen powers into the world as vibration which interact with our own and influence our lives...As Edgar Cayce simply put it, "Color are naturally the spiritualization of tone or sound."

- Extracted from *Edgar Cayce on the Power of Color, Stone and Crystals*, by Dan Campbell©1989, Page 4

APPENDIX F

MORE ABOUT COLORED ENERGY

RED COLOR – RED COLORED ENERGY

The word Red comes from the Old English read.
This is the only Color word which has been traced to an Indo-European root.
In Sanskrit, the word “rudra” means Red.

Emotions connected to the Color Red: Aggression, anger, blood, blushing, stop, Communism, courage, danger, guilt, Energy, fire, hate, hell, honor, leadership, passion, socialism, sacrifice, sex, sin, violence, negativity, warning.

The Color Red is associated with lust, passion, love, and beauty as well. The association with love and beauty is possibly related to the use of Red roses as a love symbol. Both the Greeks and the Hebrews considered Red a symbol of love, as well as sacrifice. Psychological research has shown that men find women who are wearing Red more attractive.

In the Indian Sub-continent, Red is the traditional Color of bridal dresses
In Chinese cultural traditions, Red is associated with weddings, courage, loyalty, honor, success, fortune, fertility, happiness, passion, and summer

- Extracted from www.crystallinks.com

The Color meaning on Soul Task Level in case of RED: Passion, strong feeling, Love, when mixed with rose. CLEAR RED: moving anger, DARK RED: stagnated anger. RED ORANGE: sexual passion.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 238

ORANGE COLOR AND PALE ORANGE COLORED ENERGY

The Color is named after the Orange fruit, introduced to Europe via the Sanskrit word naranja. Before this was introduced to the English-speaking world, the Color was referred to (in Old English) as geoluhread, which translates into Modern English as Yellow-Red. The first recorded use of Orange as a Color name in English was in 1512, in the court of King Henry VIII.

In metaphysics Orange connects with the spleen Chakra.

Orange creates balance. In terms of Subtle bodies, it is linked to the mental body in both its logical and conceptual form.

- Extracted from www.crystallinks.com

The Meaning of ORANGE Color on Soul – Task: Ambition

The Color ORANGE used in Healing: Charging the field, increasing sexual potency, increasing immunity.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 239

YELLOW COLOR OR PALE YELLOW COLORED ENERGY

The word Yellow comes from the Old English *geolu*, which derived from the Proto-Germanic word *gelwaz*. The oldest known usage of this word in English is in the Old English poem Beowulf, in a description of a shield made of wood from a yew tree.

In the English language, Yellow is used to describe objects having the Color between Green and Orange in the visible Light spectrum (gold, egg yolks, sunflowers, etc.). The Color is associated with age and aging, both with people and objects (e.g. yellowed-paper).

Ethnographically, the term Yellow has also been used as a slang term for both oriental persons and Light-skinned African-Americans. The term is associated at times with jealousy, as well as cowardliness. Lastly, it is associated with sensational journalistic practices, or Yellow journalism, and resistance to militant trade unions. Yellow is the Color evoked by Light that stimulates both the L and M (long and medium wavelength) cone cells of the retina about equally, but does not significantly stimulate the S (short-wavelength) cone cells; that is, Light with much Red and Green but not very much Blue.

- Extracted from www.crystallinks.com

The Color YELLOW on Soul-Task Level: Intellect

-Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 239

The bowels, if constipated, will be relieved with Yellow water alone....

- Extracted from *Color Healing Chromotherapy*, an exhausting survey compiled by Health Research from 21 works of Leading Practitioners. This part extracted from A. Osborne Eaves (1901)

BLUE COLOR AND PALE BLUE COLORED ENERGY

The English language commonly uses "Blue" to refer to any Color from navy Blue to cyan. The word itself is derived from the Old French word bleu.

The modern English word Blue comes from the Middle English, bleu or Blue, which came from an Old French word bleu of Germanic origin (Frankish or possibly Old High German blao, "shining"). Bleu replaced Old English blaw.

The root of these variations was the Proto-Germanic blaewaz, which was also the root of the Old Norse word bla and the modern Icelandic blar, and the Scandinavian word bla, but it can refer to other colors.

Ancient Greek lacked a word for Color Blue and Homer called the Color of the sea "wine dark", except that the word kyanos (cyan) was used for dark Blue enamel.

In the English language, Blue may refer to the feeling of sadness. "He was feeling Blue". This is because Blue was related to rain, or storms, and in Greek mythology, the god Zeus would make rain when he was sad (crying), and a storm when he was angry. Kyanos was a name used in Ancient Greek to refer to dark Blue tile (in English it means Blue-Green or cyan). The phrase "feeling Blue" is linked also to a custom among many old deepwater sailing ships. If the ship lost the captain or any of the officers during its voyage, she would fly Blue flags and have a Blue band painted along her entire hull when returning to home port.

Blue is the Color of truth, serenity and harmony, by helping to soothe the mind.

Blue is the Color of electricity. We experience in a program created by electromagnetic Energy that had a beginning and is evolving out of physical consciousness.

Blue connects with the third eye Chakra.

- Extracted from *www.crystalink.com*

The Meaning of the Color BLUE on Soul-Task Level: Teacher, Sensitivity

The Color BLUE used in Healing: cooling, calming, restructuring, etheric Level, shielding.

- Extracted from *Hands of Light*, by
Barabara Ann Brennan, ©1987, Page 238

GREEN COLOR AND PALE GREEN COLORED ENERGY

The word Green is closely related to the Old English verb growan, 'to grow'. It is

used to describe plants or the ocean. Sometimes it can also describe someone who is inexperienced, jealous, or sick.

Alice A. Bailey, in her system called the Seven Rays which classifies humans into seven different metaphysical psychological types, the "third ray" of "creative intelligence" is represented by the Color Green. People who have this metaphysical psychological type are said to be "on the Green Ray".

In Hinduism, Green is used to symbolically represent the fourth, heart Chakra (Anahata).

For example, Islam venerates the Color, as it expects paradise to be full of lush greenery. Green is also associated with regeneration, fertility and rebirth for its connections to nature. Recent political groups have taken on the Color as symbol of environmental protection and social justice, and consider themselves part of the Green movement, some naming themselves Green parties. This has led to similar campaigns in advertising, as companies have sold Green, or environmentally friendly, products.

Green frequency is linked to healing and alchemy.

- Extracted from *www.crystalink.com*

The Meaning of the Color GREEN on the Soul-Task Level: Healing, Healer, Nurturer.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 238

VIOLET COLOR AND PALE VIOLET COLORED ENERGY

Purple is a general term for the range of shades of Color occurring between Red and Blue. In Color theory, a 'purple' is defined as any non-spectral Color between Violet

and Red. The spectral Color Violet is not a purple.

In art, purple is the Color on the Color wheel between magenta and Violet and its tints and shades. This Color, Electric purple, is shown below.

In human Color psychology, purple is associated with royalty, regality, and nobility (stemming from its use in heraldry to denote gentry)

In metaphysics purple connects with the Crown Chakra.

The Violet Flame is supposedly charged with the Light of Divine Freedom. It is used to burn off karma from other lifetimes on all levels.

- Extracted from *www.crystalink.com*

The Meaning of Violet (Lavender) Color on Soul-Task Level: Spirit

- Extracted from *Hands of Light*, by Barbara
Ann Brennan, ©1987, Page 239

APPENDIX G

RECOMMENDED BOOKS

Practitioners should study Esoteric Books & the Works of multiple Authors so as to understand the Teachings presented in *The Pranic Energy Healing Level II Workshop* more deeply.

The compiler also highly recommends all of the books of her Life Partner, Spiritual Teacher and Mentor, Maha Atma Choa Kok Sui.

The Science of Psychic Healing, by Yogi Ramacharaka ©1906

Fourteen Lessons in Yogi Philosophy, by Yogi Ramacharaka, ©1903

The Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978

Hands of Light, by Barbara Ann Brennan, ©1987

Esoteric Healing, by Alice A. Bailey, ©1953

The Etheric Double, by Arthur E. Powell, ©1925

The Chakras, by Charles W. Leadbeater, ©1927

Edgar Cayce on the Power of Color, Stones and Crystals, by Dan Campell, ©1989

The Principles of Light and Color, by Edwin D. Babbitt, ©1878

Talk on Color Cure, by A. Osborne Eaves, ©1901

Advanced Pranic Healing, by Master Choa Kok Sui ©1992

The Art of Spiritual Healing, by Keith Sherwood, ©1985

Chakra Therapy: For Personal Growth & Healing, by Keith Sherwood, ©1988

Kahuna Healing, by Serge Kahili King, ©1983

APPENDIX H

CHRONOLOGY OF THE USAGE OF THE TERM “PRANIC HEALING”

This chronology was created to demonstrate the ancient nature of the term PRANIC HEALING – which derives from multiple sources - & from multiple Authors. The information demonstrates usage of the term - historically and globally.
Clearly the terminology - PRANIC HEALING - <i>Pre-Existed</i> usage of the term by Master Choa Kok Sui. The very title of his first book <i>The Ancient Science & Art of PRANIC HEALING</i> (Dec. 1987 ^{1st} Release - 1988 ^{1st} Distribution) - denotes that it is a compilation of techniques - which are derivative in nature.
While “ PRANIC HEALING nach Choa Kok Sui” maybe descriptive - the term PRANIC HEALING is generic.
“ PRANIC HEALING nach Choa Kok Sui” - is distinctively separate from the other multiple Authors, who have previously and are currently using the term.
Our discussion begins with the root of the terminology - Prana - and leads step by step through a chronology of the usage of the term - PRANIC HEALING .

<u>Copyright Date</u>	<u>Book Title</u>	<u>Author</u>	<u>Discussion</u>
Before mid first millennium BCE	<i>Chandogya Upanishad</i> 2.7.1	Ancient Text from the Pranic Energy Healing System	Prana (prāṇa) is the Sanskrit word for "vital life" (from the root prā "to fill")
Before mid first millennium BCE	<i>Chandogya Upanishad</i> 2.7.1		Prana ... is a part of the worldly, physical realm (<i>which</i>) sustains the body ...
1906 New York, USA	<i>The Science of Psychic Healing</i>	Yogi Ramacharaka (One of the Pseudonyms of the American Author William Walker tkinson)	The Principles of PRANIC HEALING The Practice of PRANIC HEALING Spiritual Healing is also called “Divine Healing” by this author ... MCKS also presented Spiritual or Divine Healing as used by this and other earlier sources indicating multiple derivative extracts.
1911 New York, USA	<i>Journal of the Outdoor Life: Volume 8</i>	National Tuberculosis Association	This Journal states, that Indian Theosophists use PRANIC HEALING more than any other method ... and (<i>also</i>) operate by "Distant Pranic Healing"- with splendid results.
1950, Great Britain, Ireland	<i>The Publisher (A Book of collected Articles)</i>	Volume 164	... the vital force of Prana (PRANIC HEALING) can through the practice of this technique of Yoga - (<i>Projecting Energy</i>) from the hands - to produce an impressive list of certified cures of patients.

1950, London, United Kingdom	<i>Healing Fingers: The Power of "Yoga Pranic Healing"</i>	Percy Youlden Johnson	Please note: The term PRANIC HEALING is a part of the title of this book.
1960, New York, US	<i>The Complete Illustrated Book of Yoga</i>	Swami Vishnu Devananda	Discussion about PRANIC HEALING .
1970, New York, USA	<i>Darshana International: Volume 10</i>	J.P. Atreya, Jan 1970	When the mind is still and concentrated ... one becomes in tune with God ... (<i>and is</i>) surcharged with God's electric energy (<i>which</i>) is flowing through him ... this is known as PRANIC HEALING .
1973, New York, USA	<i>Orgone, Reich and Eros: Wilhelm Reich's Theory of Life Energy</i>	William Edward Mann	... most of the books on magnetic (<i>healing</i>) or PRANIC HEALING advise the healer to shake or flick their hands ... (to avoid) Healers taking on some or all of the symptoms of their patients.
1973, Kerola, India	<i>Ramadas Speaks: Volume 3</i>	Ramadas (Swami)	Discussion on the Difference between PRANIC HEALING and Divine Healing.
Jul-Aug 1978 Montreal, Canada	<i>Yoga Journal</i>		Discussion on the Power of Pranayama and PRANIC HEALING .
1978, Himalayas, India	<i>Kundalini Yoga</i>	Swami Sivananda Radha	PRANIC HEALING (<i>or</i>) Prana then can be released "at will" toward the patient in need of healing. Pranic Energy (<i>then</i>) flows into the patient's body.
1985, Himalayas, India	<i>Health and Hatha Yoga</i>	Swami Sivananda	The control of vibratory Prana ... (<i>leads</i>) a yogi (to) the realization of the Self - PRANIC HEALING ... (<i>Practitioners</i>) may impart Prana in healing morbid diseases.
1986, York Beach, USA	<i>The Chakras & Esoteric Healing</i>	Zachary F. Lansdowne	On the term Pranic Healing the following excerpts can be noted: It is the approach of PRANIC HEALING to heal the physical body by directing Prana ... Before proceeding with

			<p>PRANIC HEALING, it is important that the (<i>energy of the</i>) patient be carefully diagnosed</p> <p>If the assistance of the higher intelligence has been invoked, then this (<i>Divine</i>) Intelligence is able to direct the needed Energies (<i>in the</i>) form of PRANIC HEALING</p>
1986, York Beach, USA	<i>The Chakras & Esoteric Healing</i>	Zachary F. Lansdowne	<p>The PRANIC HEALER attempts to either stimulate or to abstract energy from one or more or a patient's chakras (<i>according to the need of the patient</i>).</p> <p>NOTE: We believe the term Pranic Healer was first used by this Author in 1986 prior to the Publishing of the books of Master Choa Kok Sui</p>
1986, Llewellyn, MN, US	<i>Complete Book of Witchcraft</i>	Raymond Buckland	<p>Lesson 13: Auric Healing, PRANIC HEALING, Absent Healing, Color Healing, Gem therapy ... Positive thinking</p> <p>You can do Auric or PRANIC HEALING (at a Distance) Two methods of doing PRANIC HEALING, (may be used) when the patient is not physically present</p> <p>Both Auric and PRANIC HEALING (<i>at a Distance</i>) can be done using a good, clear photograph of the person</p>
1987, York Beach, USA	<i>The Eyes have it: A Self-Help Manual for Better Vision</i>	Earlyne Chaney	<p>PRANIC HEALING magnetism flows from your hands ... The warmth increases the circulation.</p>
IT SHOULD BE NOTED THAT THE FIRST BOOK OF MASTER CHOA KOK SUI WAS RELEASED IN DECEMBER 1987			
1987, Philippines	<i>The Ancient Art and Science of Pranic Healing</i>	Master Choa Kok Sui	<p>This is the first published book of Master Choa Kok Sui about PRANIC HEALING</p>

1996, USA	<i>Prana, The Secret of Yogic Healing</i>	Atreya	PRANIC HEALING used as a complement to, rather than a competition for, the allopathic regimens of Western health care
1997, India	<i>Pranic Healing using Breathing with Healing</i>	L.R. Chowdhry	Please note: The term PRANIC HEALING is a part of the title of this book
1998, USA	<i>Practical Ayurveda: Secrets for Physical, Sexual & Spiritual Health</i>	Atreya	It is possible to have therapeutic effect ... by using PRANIC HEALING
1999, Delhi, India	<i>The Oneness/Otherness Mystery: the Synthesis of Science and Mysticism</i>	Sutapas Bhattacharya	Discusses conventional and paranormal processes in PRANIC HEALING ... and on the more complex aspects of the healing phenomenon - <i>such as tissue regeneration and immunological reactions</i> ...
THE TERM PRANIC ENERGY HEALING			
2003, Pennsylvania, US	<i>Eternal Wellnes (Chrystalis Readers)</i>	Carol & Robert Lawson	PRANIC ENERGY HEALING is an inborn talent in everyone ...
2005, California, 1 st Print - Canada	<i>The Miracle of the Breath</i>	Andy Caponigro	In the book Chapter 16 is titled Pranic Energy Healing ... I call this skill “ PRANIC ENERGY HEALING ” because it’s based on the healer’s ability to consciously transmit healing Prana from one person to another is possible because the Pranic Life-force is the same in all living creatures.
2006, Indianapolis, US	<i>The Rite Way to Immortality</i>	F. Cantanza Rite, Ph.D., D.H.H	... of this system lies the science and practice called PRANIC ENERGY HEALING
2011, US	<i>A Survivor’s Guide to Kicking Cancer’s Ass</i>	Dena Mendes	PRANIC (ENERGY) HEALING is a highly evolved, intricate, and tested system of energy medicine that uses Prana (Energy) to balance, harmonizes, and transforms the body’s Energy. Note: Parenthesis in the terminology Pranic Energy Healing are verbatim from this Author

